

My Personal Best Primary

To fully support your planning and pedagogy of a life skills PE curriculum, we strongly recommend purchasing the YST My Personal Best resource pack and training. The options are as follows.

Please [click here](#) for more information and to purchase.

My PB resource

The resource is split into Primary 1 (age 4-7) and primary 2 (age 7-11) and includes:

Teacher cards - 24 cards (one for each life skill), supporting teachers to explicitly plan for and teach life skills using the plan, do, review, celebrate model.

Learner cards - One for each life skill, supporting pupils to understand the different life skills, how they can be developed and what they look like in PE, school and life.

Learner Self-Review cards - One per life skill, supporting pupils to reflect and self-review their personal development.

Welcome Webinar - A basic introduction webinar taking you through the resource and the My PB principles.

Cost (exclusive of VAT):

YST member- £56.25

Non-member- £62.50



Training

Individual school training options have been designed to support whole staff training as part of inset days or staff meetings.

Prices are exclusive of VAT

Full day Approach					
Title	Format	Duration	Summary	YST member	Non Member
The why, how and what of My PB	F2F	Full Day	Perfect for whole staff training as part of an inset day, this package provides everything you need to understand the My PB approach. The training is structured with a theory and practical element so that all teachers will come away equipped with the knowledge, skills and tools to start planning and teaching a life skills PE curriculum straight away.	£746.25	£829.17
Module Approach					
An Introduction to My PB NB. Staff must attend this before selecting the subsequent modules.	Virtual	2 hours	Considers the WHY of My PB: <ul style="list-style-type: none"> • importance of developing learners' life skills – for PE, school and life • what life-skilled looks like in different learners how the My PB resources may be used in PE and whole school 	£243	£270
My PB Teaching and Learning	Virtual or F2F	2 hours	Considers the HOW of My PB, with a focus on pedagogy: <ul style="list-style-type: none"> • recognise learning process • explore teaching and learning methods (practically in f-2-f) • enable learners to recognise, transfer and progress learning 	Virtual - £243 F2F - £446.25	Virtual - £270 F2F - £496
My PB Implementation	Virtual or phone call	1 hour	An opportunity to review and reflect on your implementation of My PB, considering PE curriculum delivery and whole school opportunities. This 1 hour consultation can be a 1-1 with the PE subject leader or revisiting with the whole staff to facilitate a reflection and next steps session.	£121.50	£135

Cluster options for groups of schools are also available. For more information on these options contact membership@youthsporttrust.org

My Personal Best Secondary

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Please [click here](#) for more information and to purchase.

My PB resource

The resource includes:

Teacher guide – An overview of the My Personal Best approach, considering purpose, progress, planning and pedagogy for a life skills approach.

Learner cards – 24x double sided learner cards (one per life skill) to aid life skill understanding and support pupil self-reflection and peer to peer assessment. Also available as digital downloads.

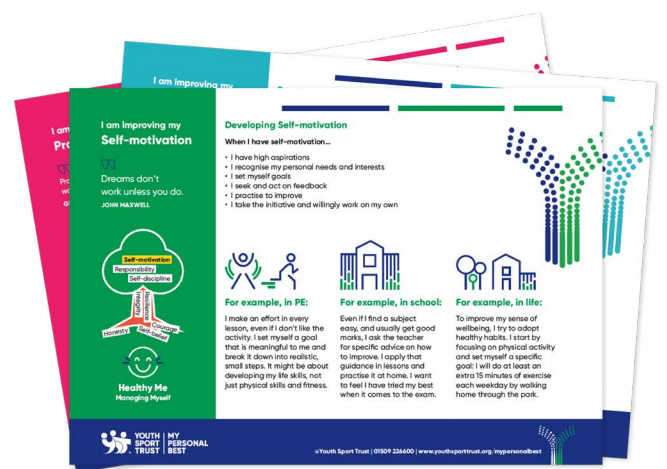
My Personal Best Poster – An A3 poster for schools to display in school to profile the purpose of PE.

Advocacy video – My Personal Best messaging to support whole school understanding and value of life skills in and through PE.

Cost (exclusive of VAT):

YST member- £56.25

Non-member- £62.50



Training

Individual school training options have been designed to support whole PE department training as part of twilight staff meetings.

Prices are exclusive of VAT

Module based training					
Module	Format	Duration	Synopsis	Member Cost	Non Member Cost
An introduction to My Personal Best NB. Staff must attend this before selecting the subsequent modules.	Virtual – interactive	2 hours	Considers the WHY of My PB: <ul style="list-style-type: none"> • importance of developing learners' life skills – for PE, school and life • what life-skilled looks like in different learners • how the My PB resources may be used in PE and whole school 	£243	£270
My Personal Best Curriculum Development	Virtual – interactive	2 hours	Considers the HOW of My PB, with a focus on long-term planning: <ul style="list-style-type: none"> • recognise learners' characteristics and needs • establish purpose of PE • create paths to achieve outcomes, including curriculum progression 	£243	£270
My Personal Best Teaching and Learning	Virtual or a face-to-face practical	2 hours	Considers the HOW of My PB, with a focus on pedagogy: <ul style="list-style-type: none"> • recognise learning process • explore teaching and learning methods (practically in f-2-f) • enable learners to recognise, transfer and progress learning 	Virtual-£243 F2F-£446.25	Virtual - £270 F2F - £496
My Personal Best Implementation	Virtual – video or phone call	1 hour	One-to-one support to reflect on and implement life skills learning in school – with whole team or subject leader.	£121.50	£135

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