

Professional development 1-hour workshops - Secondary PE Leaders

Aimed at Heads of PE and PE departments and delivered by our regional field team of development managers, these 1-hour workshops 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 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.

Whether you are a school sport partnership, multi-academy trust or other group of schools, these workshops can be used as part of PE team meetings and training opportunities.

Cost

All workshops are £240.

How to book

Groups of schools who are part of The Club can discuss 1-hour workshop options with their regional development manager or YST central support team.

If you are new to our support and professional development, please contact our central support team on membership@youthsporttrust.org for general enquiries and to make your bookings.

Lead Well

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

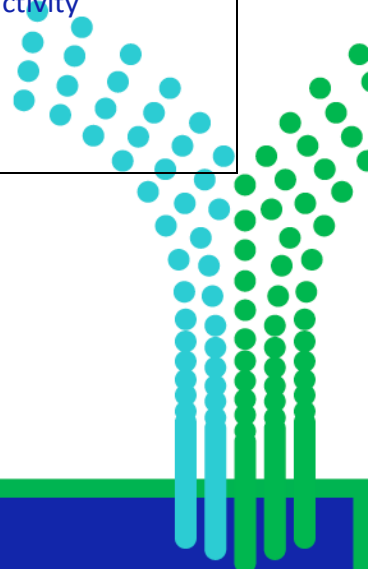
Title	Synopsis	Themes
Curriculum and Assessment Review: Preparing for change	- Understand key updates within education, including the Curriculum and Assessment Review, and reflect on the opportunities it provides for PE. - Create an action plan to ensure your PESSPA vision and PE curriculum is in line with the outcomes of the review.	Policy
The '3 Es' to include parents in the power of movement	An insight-led session drawing on the experiences of school leaders to explore effective approaches to engaging parents in PE. - 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

Telling a powerful story that showcases your impact	- 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
Raising the profile of PE through influence and leadership	- Develop a clear vision for PESSPA. - Identify positive examples from your experiences. - Map your enablers and blockers. - Create an action plan.	Tackling barriers

Move Well

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

Title	Synopsis	Themes
Dressed to move - does the uniform policy you adopt help or hinder movement?	- Understand the impact of uniform on student mobility and engagement. - Explore practical solutions and tools to ensure young people are enabled to move well in school thereby supporting their learning.	Tackling barriers, policy
Engaging girls: understanding motivations and barriers to building a positive experience for girls	- 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
Power of an Active School	Power of an Active School equips educators with the practical ways to increase pupils' love of movement and being active throughout the school day. - 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
Creating movement moments that matter within the school day	- 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



Supporting PE leaders to use the power of PESSPA to change lives

Title	Synopsis	Themes
Belonging and being in sport: The power of feeling seen	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. • 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
Sport Sanctuaries	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 • 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
Transition: A process not an event	Understand the importance of creating positive transition experiences for student progress, engagement and wellbeing. • 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
Developing essential skills and building belonging through meaningful youth leadership	Using the Youth Sport Trust Leadership framework as a set of principles to explore your leadership offering in more depth. • 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



Meet the delivery team

Katy Rogers, South Yorkshire and East Midlands

Katy brings a wealth of subject specific and education experience and expertise, having spent 14 years as a secondary PE teacher and Head of PE. She cares deeply about making a difference to the lives and wellbeing of young people through equipping educators and other professionals with the tools needed to ensure that they provide high quality purposeful PE, physical activity and school sport opportunities. You can expect fun and meaningful workshop facilitation.

Rebecca D'Arcy, Yorkshire and Humberside

With over 25 years of experience in Sports Development, Rebecca brings deep expertise in School Sport and the School Games. She thrives in collaborative environments, especially when working toward meaningful outcomes for children and young people, bringing energy, purpose and passion to her facilitation style.

Fiona Beckham, North West

Fiona brings over 19 years of cross-sector experience spanning mental health, education (FE, HE and primary) and the physical activity landscape. With a strong reputation for uniting teams under a shared vision, she fosters a culture of reflection, innovation and ethical leadership in her approach to delivery and professional development for PE leaders.

Amy Lund, North West

Amy is a skilled collaborator, connector and relationship builder, with a deep understanding of health and wellbeing, the School Games and extensive experience in supporting schools and senior leaders to develop and embed high-quality, sustainable PESSPA provision. She is an experienced deliverer and facilitator, with the ability to create training environments and experiences that allow educators to connect and collaborate effortlessly.

Julia Youens, London and South East

Julia Youens is a dedicated leader in youth sport and education, with experience in serving as a YST development coach, SGO and Director at the Take Pride CIC where she leads initiatives at improving access to PE and sport. As a deliverer, she brings perspective and insights across education, sport and community. A natural collaborator and relator, you can expect insightful, relevant and energising professional development.

Jim Morris, West Midlands

A 14-year career in Education as Lecturer and Head of Department, Jim worked within a large School Sport Partnership developing participation, competition and leadership opportunities within primary and secondary schools. As National Development Manager he is responsible for strategic relationships across national contracts delivered on a local level through School Games and Barclays FA Girls Partnerships. Locally he works across the West Midlands and relevant networks to support schools to develop the use of PE and School Sport to ensure high quality and the development of young people's health and wellbeing. He brings expert facilitation with a supportive and reflective approach.

Chris Caws, South West

Chris is a long-standing, experienced member of the field team, well connected and respected across his region. He has worked in the education (secondary PE and pastoral) and sports development sectors for over 30 years, bringing expertise and insights that connect him with his audience instantly. He is an experienced practitioner who will bring passion, energy and fun when delivering and facilitating workshops that creates a culture of self-reflection, challenge and collaboration.



Richard Fourarce, South West, Wiltshire, Swindon

A passionate educator with over 10 years' experience in secondary and further education and subject leadership, and more recently in Education and Sports Development. Richard thrives in settings facilitating and developing both adults and young people. With notable success in the delivery of practical and examination PE and in leadership, the development of department/ faculty culture and implementation of holistic approaches to curricular and co-curricular offer, he cares and thinks deeply about ensuring positive experiences of physical education, school sport and physical activity that enable all young people and adults to access their life-enhancing benefits across the life-course.

Ruth Mann, Leicestershire

Ruth is Senior Development Manager for MAT Networks at the Youth Sport Trust. She works nationally with Multi-Academy Trusts and the wider sector on the development of PE, sport and physical activity and its role in building strong academy trusts and driving wider educational outcomes. Ruth plays a key role delivering YST's work on Well School Trusts. She has 24 years' experience in education and the wider sport and physical activity sector, having led a partnership of 83 schools in South Leicestershire, as Sports Services Manager at a local authority, and five years as a school Chair of Governors. She brings this wealth of experience to her delivery, understanding her audience's context and meeting them where they are in driving change across the MAT PESSPA landscape.

James Walker, Yorkshire

James brings a wealth of subject-specific and education experience, with 15 years as a secondary PE teacher and Head of PE. He is deeply passionate about equitable PE and high-quality first teaching, committed to empowering educators to provide impactful learning environments. James is dedicated to supporting secondary educators in creating high-quality, purposeful PE, physical activity, and school sport opportunities that positively shape young lives and well-being. He offers engaging and strategic guidance, providing the tools and resources necessary for educators to thrive.

