



Programme Overview

Time	Session							
08:00 - 09:15	Registration & Exhibition							
09:15 - 10:30	Welcome Address Ali Oliver MBE, Youth Sport Trust & Dame Rachel De Souza, Children’s Commissioner for England							
10:30 - 11:00	Break							
11:00 - 12:00	K1	I1	I2	P1	P2	P3	BC1	
12:00 - 12:15	Movement							
12:15 - 13:15	K2	I3	I4	P4	P5	P6	BC2	BC3
13:15 - 14:15	Lunch							
14:15 - 15:15	K3	I5		P7	P8	P9	BC4	
15:15 - 15:30	Movement							
15:30 - 16:45	K4	I6	I7	P10	P11	P12	BC5	

Session Key

Keynote (K)

Our keynote programme is designed to showcase some of the most inspirational individuals in the world of sport, education and life.

Innovation (I)

Our innovation sessions are designed to challenge current thinking and promote discussion on how we will all need to adapt to meet the needs of the next generation of young people

Practical (P)

All of our practical sessions are designed to allow current practitioners to share real life solutions to some of the greatest challenges in supporting young people to enjoy the life-changing benefits of sport and play

The Big Conversation (BC)

These sessions are designed to support delegate to delegate networking.



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Awards Dinner – Wednesday 2 March
Conference – Thursday 3 March
Coventry Building Society Arena

Sessions 11:00 – 12:00

Session ID	Title	Synopsis
K1	Professor Barry Carpenter	<p>Professor Barry Carpenter is a board member of The Association for Child and Adolescent Mental Health and also the UK's first Chair of Mental Health in Education, at Oxford Brookes University. In a career spanning more than 40 years, Barry has held the leadership positions of Headteacher, Principal, Academic Director, Chief Executive, Inspector of Schools and Director of the Centre for Special Education at Westminster College, Oxford.</p> <p>In 2009, he was appointed by the Secretary of State for Education as Director of the Children with Complex Learning Difficulties and Disabilities Research Project. Since completing that research, Barry has overseen the development of a national project developing online 'Training materials for teachers of children with severe, profound and complex learning disabilities'</p> <p>www.complexneeds.org.uk</p>
I1	Our future in their hands	<p>'The future of our world lies in the hands, hearts and minds of our children'.... but what does that future hold? This session will explore what the insight and research is telling us, drawing on youth trends data as well as sector specific insight such as our Class of 2035 report. Our youth board members Otto, Abi and Anastasia will provide that 'Gen Z' lens and help us to explore how we might need to think and act differently to ensure that young people are integral to devising and shaping their offer – empowered to generate, lead and truly represent.</p>
I2	Physical literacy – from theory to practice	<p>A panel of academics and practitioners will aim to challenge and inspire your thinking in relation to physical literacy and the impact it has on young people's lives.</p>
P1	Getting to the heart of a Well School	<p>This workshop puts a spotlight on a national award-winning headteacher and school which has developed groundbreaking curriculum and enrichment approaches that equip and prepare every child to thrive in the modern world while placing physical and mental health at the centre of school life.</p>
P2	"Everyone needs to feel welcome" - Trans inclusion and gender diversity in PE and school sport	<p>Hear from practitioners, LGBTQ+ organisations and trans young people about their experiences of PE and school sport and what has helped to make a positive difference.</p>
P3	Developing a physical literacy-informed PE curriculum	<p>An opportunity to get under the skin of physical literacy as a framework to support your curriculum design. We will support you to explore your intent and consider the construction of a meaningful learner journey through PE before sharing some examples from practice.</p>
BC1	The Big Debate	<p>The centre of this year's conference is our Big Debate. Join us for a Question Time style debate with a live audience and a star-studded panel to discuss the big questions impacting our mission. What needs to change for play and sport to better support children's recovery? At a time when millions of young people are inactive, how can the power of sport and play be maximised to improve children's wellbeing, support their learning and close the gaps created by disadvantage? Please join us if you're interested in debating the question that really matter. Limited access available.</p>



Sessions 12:15 – 13:15

Session ID	Title	Synopsis
K2	John Amaechi OBE	There are many things to tell you about John. Obviously there's all the usual Bio stuff; respected organisational psychologist, an OBE, Chartered Scientist, elected Fellow of the Royal Society for Public Health, bestselling New York Times author, Research Fellow at the University of East London, and Founder of APS Intelligence. So while you're questioning everything you thought you knew, John will entertain you with his storytelling, confront you with uncomfortable truths, make you laugh and move you to tears (sometimes in the same minute) and ultimately inspire you to grow and develop in ways you couldn't possibly imagine...so that you can be a Giant too. <i>John is currently planned to be delivering the session virtually.</i>
I3	The civic role of schools: How can the power of sport and physical activity drive social impact and help build a sense of community?	A panel will explore how sport and physical activity can be positioned to help schools and multi academy trusts connect with their local communities and work in partnership to. We will hear from the Confederation of School Trusts on their thinking on School Trusts as civic structures, and from Multi Academy Trust leaders who believe that sport and physical activity have a vital role to play in advancing education for the public good.
I4	What role can PE, sport and physical activity play in addressing inequalities among young people?	An expert panel will discuss the credibility of PE and sport as a tool to address the rising inequalities faced by children in the UK. They will share practical examples of where this has been explored and happened in schools and their communities as well as the benefits this has brought to children living below the poverty line.
P4	Empowering young changemakers	The National Youth Survey 2019 found that over half of young people involved in positive youth engagement were specifically supported to do so by a member of school staff. This workshop will share stories from three young people about what it takes to be a changemaker. We welcome you to have a conversation and explore activities that support youth engagement to help 'reluctant', 'potential' and 'committed' young people to find their voice and become inspired changemakers.
P5	The role of an active curriculum in post-pandemic recovery	What role should our subject play in post-pandemic recovery? Physical Education HMI, Hanna Miller, explores the power of our subject in supporting the physical, social, emotional and cognitive recovery of all pupils. We will then share insights from SPEAR research case study schools, on the impact of their active recovery curriculums.
P6	Developing physical literacy in the early years to improve learning and primary transitions	Poor physical literacy in the early years can lead to development delays and poor learning outcomes. This session explores how movement and play is embedded in the curriculum to support practitioners in aiding their children's schools readiness by improving communication and language skills as well as personal, social and emotional development.
BC2	Addressing the balance - tackling gender inequality	Networking session with other practitioners to consider steps we can all take to ensure we provide an equitable and inclusive offer of Physical Education and school sport including school-based competition for every child. This Big Conversation is focused on gender inequalities. It will steer participants to consider the impact of gender stereotyping and discuss inclusive provision for every child including trans, non-binary and gender diverse young people. <i>These sessions are designed to support delegate-to-delegate discussion.</i>
BC3	NeXworking	The NeXworking opportunity is a fast-paced, 60-minute session taking place during the conference within the exhibition hall. The NeXworking sessions will allow you to have one on one time with some of our YST Conference exhibitors, and you'll be able to learn more about the opportunities and solutions they can provide for school.



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Awards Dinner – Wednesday 2 March
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Sessions 14:15 – 15:15

Session ID	Title	Synopsis
K3	Alex Lewis	<p>Aged 34 Alex thought he had ‘man flu’ but collapsed and was rushed to hospital, he was given just hours to live and a 3% chance of survival. In fact he had contracted Strep A followed by Septicaemia which led to him having all four limbs amputated. As well as losing his limbs, Alex also lost his lips and nose. Surgeons have since grafted skin from his shoulder into lips leaving him, he jokes, looking like a Simpsons character and with a nose that constantly runs.</p> <p>Instead of spiralling into despair and retreating into a state of self-pity, Alex took a truly inspirational approach to what happened to him. The story of his positivity and adjustment to a new life is truly remarkable and was the subject of a Channel 4 documentary “The Extraordinary case of Alex Lewis”. Alex’s progress and exploits have been well documented in the media. Alex inspires people to see life differently, take every opportunity that comes their way and live life to the full. His keen sense of humour and self-deprecating manner stays with his audience as a reminder that life can send us curved balls for any of us at any time. It’s how you conquer it that defines you.</p>
I5	What is the role and value of PE and sport for vulnerable young people?	Hear from Warren King, an ex-drug dealer, ex-gang leader and ex-prisoner, and Nathan Nwenwu, PE Lead at Lawnswood Campus, an Alternative Provision setting in Wolverhampton. Together they will share unique insights on the power PE and sport can have for vulnerable young people, particularly in changing the sense of who they are and what they can do in the world.
P7	Addressing mental health challenges for boys through PE and sport	A practical workshop bringing to life the innovative work taking place in Liverpool to improve the mental health, engagement with learning and life chances of working-class boys in the city using Boys Move and community life skills programmes.
P8	Embedding life skills through PE	This session explores the value of a concept-led PE curriculum, told from the perspective of PE subject leaders and heads of PE. Focused on curriculum development and embedding the PE Life Skills Award, we'll share schools' implementation models and good practice.
P9	Sport England Teacher Training programme - the legacy	This session will share key findings from phases 1-6 of the SETT programme and how the legacy project will look as a result. It will be brought to life with case studies of some of the innovative approaches that have had significant impact.
BC4	Maximising the primary PE & Sport Premium - sharing practice	An opportunity to meet other delegates looking to maximise the impact of the primary PE & Sport Premium in their school or organisation, build your professional network, exchange ideas and discuss the greatest challenges so together we can ensure the funding impacts more young people #positivePEpremium. <i>These sessions are designed to support delegate-to-delegate discussion.</i>



Sessions 15:30 – 16:45

Session ID	Title	Synopsis
K4	Dr Cath Bishop	<p>‘The search for a better way to succeed’: a look at how narrow, short-term definitions of success hold us back. Too often, traditional ‘winners’, whether gold medallists or pupils leaving school with armfuls of A* grades, feel empty, unfulfilled, even depressed - we need to redefine success through clarifying what has lasting value and connects to our purpose, developing a constant learning mindset and investing in strong relationships to set us up for the long term.</p> <p>Dr Cath Bishop is a triple Olympian, former diplomat, leadership coach and author of ‘The Long Win’, listed in the FT’s Top 10 Business Books of 2020. Cath competed in rowing at 3 Olympic Games, winning World Championships gold in 2003 and Olympic silver in Athens 2004.</p>
I6	Designing a rights-based offer	<p>Human rights lawyer Debbie Sayers will discuss how the articles of the UN Convention on the Rights of the Child have innovatively been embedded into delivery at Salisbury Rovers FC, trailblazing the way for what a truly child-centred approach could look like in the future. This session is designed to disrupt existing thinking and imagine a vision where children are coaches and decisionmakers who have ownership of activities and the ability to fully express themselves in any environment.</p>
I7	Is PE in Crisis? Leading meaningful change in physical education.	<p>Lee’s book reached #2 in Amazon’s education best sellers chart. Hear from the author himself on why we need to be brave to create a new future for physical education within the lives of young people.</p>
P10	Developing a whole school movement culture to improve standards	<p>Taking a school out of special measures has been achieved through the positive introduction of a movement culture across the school. This session explores the benefits to children's health and wellbeing as well as their engagement with learning through 60 active minutes every day.</p>
P11	Empowering young people to drive their own leadership experience	<p>Hear from YST national managers and young people about the benefits of supporting and empowering young leaders to use their voice and take ownership of their own leadership journey in, through and beyond education. This workshop will share experiences from a range of Youth Sport Trust programmes including Young Ambassadors.</p>
P12	Maximising the primary PE & Sport Premium	<p>In this session we take stock of the primary PE & Sport Premium investment to date and look ahead to the future possibilities. We'll explore two local models from YST member schools, sharing insights and impact with a focus on swimming and teacher CPD and training in relation to PE.</p>
BC5	A networking opportunity for all members of the Schools Active Movement	<p>The Schools Active Movement was established to support the schools ‘extended network’ across England with the vision of building a generation of happy, healthy, active young people.</p> <p>We have been working together as a movement since October 2020 and have never had the opportunity to meet as a community together. Hear from members of the board on the journey to date and engage in the design of the future. This will also be the perfect opportunity to grow your professional network with like-minded individuals. To find out more about the Schools Active Movement or to join please click here.</p>