



**YOUTH
SPORT
TRUST**

MEMBERSHIP

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www.youthsporttrust.org/join

membership@youthsporttrust.org

01509 226688

Secondary CPD 2020/21

Full day practical courses

My Personal Best Secondary
(Available from Easter 2021)



My Personal Best is an approach to teaching and learning in PE, where life skills and values such as co-operation, responsibility and resilience are taught explicitly through PE.

Full day theory-based courses

**Subject Leadership
Module 1: Vision
for PE: Intent**

These three modules are for teachers of secondary PE, particularly those who are aspiring or new to the role of subject leader for Physical Education. These can be accessed as a full day or as three twilights with timings to suit your group.

Module 1: Will challenge your thinking around what purposeful PE needs to look like to not only satisfy and stimulate students but also help realise its potential to impact whole school.

**Subject Leadership
Module 2: Teaching,
Learning and
Assessment: Impact**

Module 2: Provides the opportunity to investigate the national curriculum framework, current educational reforms and pedagogy to ensure your lessons are relevant, meaningful and stimulate progress for all students.

**Subject Leadership
Module 3: World
Leading: Curriculum
Design and
Implementation**

Module 3: This module will get you to consider the intent of your PE curriculum in light of current guidance linked to EIF and personal development. You will also be given support to review your current curriculum and use innovative ways to engage student voice in this process.

Part day practical courses (typically three hours)

**Improving Wellbeing
through Physical
Education: PE's Vital
Place in a Broad and
Balanced Curriculum**

This course will support you to reimagine your Physical Education offer, ensuring individual learners are at the heart of curriculum planning and that teaching overtly meets ambitions for all students beyond just the obvious physical and sport specific development.

**Power of PE: The
Future of Physical
Education**

This course will provide you with the knowledge and tools to strategically position core PE against a backdrop of EBacc, Progress 8 and the new Ofsted framework, using the PE curriculum blueprint and personal development toolkit.

**Power of Engaging
Girls in PE**

This course that has been designed specifically to introduce teachers to key insight and proven principles for engaging all girls in physical activity. The content, derived from the Youth Sport Trust award winning Girls Active programme, will provide you with the knowledge and tools to consider your school's provision and support for your girls.

**Power of an Active
School**

This course will support schools to increase physical activity throughout the school day to boost health and academic achievement. You will gain simple to use innovative ideas to support putting physical activity at the heart of school life and within other curriculum areas.

**Power of a Well
School**

This workshop will take delegates through how the Power of a Well School can improve the wellbeing of pupils and help them to reach their potential. It will focus on the physical, social and emotional wellbeing outcomes that can be derived from placing PE, Sport and Physical Activity at the heart of the school, developing a well ethos and linking PE into a Well curriculum that engenders personal development and improved school outcomes, particularly for those pupils in greatest need.

Note: there is an additional cost for resources per delegate.



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Remote learning webinars (typically 30 minutes)

Adapting to COVID19	A 30-minute webinar focussing on how schools should support young people's physical wellbeing, mental wellbeing and physical development/literacy post COVID19.
Using Competition to Achieve Wider Outcomes	When competition is designed with a clear purpose it can achieve wider outcomes. This webinar will explore both domestic and global research to understand different approaches to competition that help achieve wider outcomes
Power of a Well School Webinar Series Module 1	<p>This series explores how the Power of a Well School can improve the wellbeing of pupils and help them to reach their potential. It focuses on the physical, social and emotional wellbeing outcomes that can be derived from placing PE, Sport and Physical Activity at the heart of the school.</p> <p>Module 1 covers - National & Local Landscape for Wellbeing; Wellbeing and the Ofsted Framework; Whole School Approach to Wellbeing.</p>
Power of a Well School Series Module 2	Local & Curriculum, Culture, Capital and Connections - covers Understanding and Applying an intent, implementation and impact model for Wellbeing; Contribution on PE, School Sport and Physical Activity to Cultural Capital; Identifying good practice and support.
Power of a Well School Series Module 3	Ideas into Action - Importance of Robust Planning and Evidence; Creating and Applying a local research, action planning and evidence- based model for a Well School.
Curriculum Blueprint Webinar	This webinar brings to life our curriculum mapping guide. Centred on our curriculum blueprint to consider the real purpose of PE, the webinar will take you through the implementation and impact stages of your curriculum mapping process.
Implementing My Personal Best Webinar	This webinar brings to life my Personal Best Resource and how schools can implement within their PE curriculum and wider school curriculum.
Chateez Webinar	There are endless ways in which they can be used, and this flexibility is why they deliver such effective results. There are a series of webinars which outline this.
Webinar Relationships & Sex Education (RSE) and Health Education	RSE & Health Education Curriculum will be compulsory this academic year. This webinar discusses the implications and opportunities for Physical Education, Sport and Wellbeing.
Parental Engagement Webinar	Beyond the School Gate - This webinar will provide top tips on how to engage with parents and influence healthy active lifestyles beyond the school gate. We will explore practical solutions that will help you raise awareness of the importance of an active lifestyle and support families through establishing community links to become more active together.



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Remote learning short courses (typically 2 hours)

Creating the best PE Curriculum for our learners

This course will reflect the challenging and changing environment and the additional barriers and constraints faces by young people. It will provide primary teachers with a framework to consider how and what to consider when reviewing their curriculum.

This will be delivered in 3 parts:

- Clear PE Vision
- Knowing your learners
- Expectations from Ofsted

Leading Achievement through PE

Highlights the impact PE and school sport can have on the achievement of pupils and whole school outcomes, using examples from the network of YST Innovation Schools. It will enable schools to devise their own action research-based projects, highlighting how projects can be structured for maximum impact.

Power of an Active School

This course will support schools to increase physical activity throughout the school day to boost health and academic achievement.

Power of a Well School

This workshop will take delegates through how the Power of a Well School can improve the wellbeing of pupils and help them to reach their potential. It will focus on the physical, social and emotional wellbeing outcomes that can be derived from placing PE, Sport and Physical Activity at the heart of the school, developing a well ethos and linking PE into a Well curriculum that engenders personal development and improved school outcomes particularly for those pupils in greatest need.



This full day training course has been approved by the CPD Certification Service. It has been quality assured to meet the standards of high-quality CPD.