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YST 2019 CONFERENCE

Transforming Education Through Sport

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#YSTconference

Programme Overview: Thursday 28th February 2019

Time	Session
08.00-09.15	Registration and Exhibition
09:30-11:00	Opening Address and Keynote 1
11:00-11:20	Break
11:20-12:20	WEL1 - Transforming wellbeing & life chances
	WEL2 - Transforming wellbeing & life chances
	WEL3 - Transforming wellbeing & life chances
	WEL6 - Transforming wellbeing & life chances
	PE1 - Transforming PE
	CUL1 - Transforming culture
	CUL2 - Transforming culture
11:20-12:20	CUL3 - Transforming culture
	Lunch / Keynotes 2 & 3 (Rotation 1)
	Lunch / Keynotes 2 & 3 (Rotation 2)
12:20-13:15	Lunch / Keynotes 2 & 3 (Rotation 1)
13:15-14:10	Lunch / Keynotes 2 & 3 (Rotation 2)
14:10-15:10	Keynotes 4 & 5
	WEL4 - Transforming wellbeing & life chances
	WEL5 - Transforming wellbeing & life chances
	PE3 - Transforming PE
	PE4 - Transforming PE
	CUL4 - Transforming culture
	CUL5 - Transforming culture
	CUL6 - Transforming culture
15:10-15:30	Break
15:30-16:30	Keynotes 4 & 5
	WEL7 - Transforming wellbeing & life chances
	PE2 - Transforming PE
	PE5 - Transforming PE
	PE6 - Transforming PE
	PE7 - Transforming PE
	CUL7 - Transforming culture
	CUL8 - Transforming culture
16:30 - 17:00	Closing Address & Drinks Reception

Headteacher Ambassador National Conference

Time	Session
08:00-09:15	Registration and Exhibition
09:30-11:00	Opening Address and Keynote 1
11:00-11:20	Break
11:20-12:30	Headteacher Ambassador National Conference
12:30-13:15	Lunch and Exhibition
13:15-14:10	Keynotes 2 & 3
14:10-15:10	Headteacher Ambassador National Conference
15:10-15:30	Break
15:30-16:30	Keynotes 4 & 5
	Workshop 5 - Transforming wellbeing & life chances
	Workshop 6 - Transforming wellbeing & life chances
	Workshop 7 - Transforming wellbeing & life chances
	Workshop 6 - Transforming PE
	Workshop 7 - Transforming PE
	Workshop 8 - Transforming PE
	Workshop 9 -- Transforming PE
	Workshop 6 - Transforming culture
	Workshop 7 - Transforming culture
	Workshop 8 - Transforming culture
16:30-17:00	Closing Address & Drinks Reception

Keynote Speakers

Session ID	Time	Title	Speaker	Synopsis
KN1	09:30 - 10:50	Opening Keynote	Amanda Spielman, Her Majesty's Chief Inspector, Ofsted	In her Keynote speech, Amanda Spielman explores the importance of wide and varied curriculum.

Transforming wellbeing & life chances strand

Session ID	Time	Title	Synopsis
WEL1	11:20 - 12:20	Tackling exam stress through healthy active lifestyles	Two YST Lead Health & Wellbeing Schools, and a YST Athlete Mentor, explore the theory, practice and impact of YST's approaches to tackling stress and anxiety through physical activity and healthy active lifestyles.
WEL2	11:20 - 12:20	Word literacy and Physical literacy: The inextricable link	By the age of three, young people from disadvantaged backgrounds already know significantly fewer words than their more advantaged peers. In this session, we discuss and illustrate how this 'word gap' can be tackled through developing physical literacy in the Early Years.
WEL3	11:20 - 12:20	Duration x Intensity + Planning = Wellbeing + Achievement	Learning academics from Exeter University share research, practice and impact that demonstrates how increasing the duration and intensity of physical activity through the school day can impact on learning behaviours, brain function and results.

WEL6	11:20 - 12:20	Active Maths/English - using physical activity to raise attitudes and attainment in core subjects	The session will look at the research, rationale and benefits of active learning, focusing on how schools across the UK are using physical activity to raise standards in Maths and English lessons.
WEL4	14:10 - 15:10	Young Health Activism	A group of Young Mental Health Champions will take delegates through their role in transforming the wellbeing of pupils through their own activism and peer support, and how their role of a Young Mental Health Champion is supporting better educational outcomes.
WEL5	14:10 - 15:10	Inactivity and its impact on wellbeing, achievement and later life chronic illness	This generation of young people are inactive. There is, therefore, a significant risk of them contracting non-communicable diseases in adulthood. This session explores the impact of inactivity on wellbeing and achievement and what role schools could and should have in delivering the CMO Guidelines, and the Government's Childhood Obesity Strategy.

WEL7	15:30 - 16:30	School-based health and wellbeing strategies and the impact on learning and data	A headteacher from one of our health and wellbeing schools discusses what a 'well' school looks like. In this session, we will show how this, and other schools, go about raising standards and improving life chances for every child. We also share our Active Healthy Lifestyle data with delegates, showing how schools can make the link between physical activity and outcomes explicit.
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Transforming PE strand - *sponsored by Centre for Physical Education, Sport and Activity, Kingston University, London*



**Centre for Physical Education,
Sport and Activity**

Session ID	Times	Title	Synopsis
PE1	11:20 - 12:20	Character development through Primary School PE	Building on the success of 'My Personal Best', YST have recently launched their new 'My Personal Best Primary' resource - designed to build character skills through curriculum PE. In this workshop, we will share successes from the pilot and explore how PE can deliver wider outcomes for young people.
PE3	14:10 - 15:10	Primary PE and Sport Premium - Building a lasting legacy	This workshop will showcase 'best practice' from schools across the YST family in utilising the Primary PE and Sport Premium for lasting impact on young people. There will be an opportunity to hear from and question experts as well as plan how you will sustain the impact in your own school.

PE4	14:10 - 15:10	Building a blueprint for PE	By re-designing our PE curriculum, we can use PE to not only develop students physically but also develop them holistically to cope with the rigours of life. This session will bring our innovative Curriculum Blueprint tool to life, offering practical approaches and giving participants a chance to plan for transformation in their own schools.
PE2	15:30 - 16:30	Your big reason to keep KS4 core PE on the timetable!	PE is being squeezed out of the KS4 curriculum. In this workshop, you will be equipped with understanding and tools to transform PE's place in your school to support improved mental health and work readiness.
PE5	15:30 - 16:30	What should schools be accountable for?	Schools are being called upon to solve more and more societal issues. A panel of leading educationalists, and a representative from Ofsted, debate what schools should be held accountable for.
PE6	15:30 - 16:30	PE and Sport Qualifications	This workshop provides an opportunity to share best practice, exchange ideas and ask the experts. This will include GCSE PE and vocational PE and Sport qualifications.

PE7	15:30 - 16:30	"Depth over breadth": An innovative approach to PE and school sport	One of our headteacher ambassadors and a PE catalyst explore and debate the merits of the approach to school sport taken in their Free School - both in their curriculum, during 'Health Related Fitness' lessons and extra-curricular
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Transforming culture strand

Session ID	Time	Title	Synopsis
CUL1	11:20 - 12:20	Using sport to help disadvantaged young people access Further and Higher Education	How can schools utilise wider access programmes to stimulate engagement with their time in school and raise aspirations for further learning? A leading expert will join us to share successes from their wider access programmes.
CUL2	11:20 - 12:20	Girls Active - How are schools and girls Stepping Up for Change?	The biggest drop off in girls' participation occurs during the transition from primary to secondary. Explore ways to reduce this decline and learn from secondary and primary practitioners who are working collaboratively with girls through effective transition strategies.
CUL3	11:20 - 12:20	When does competition exclude?	Underpinned by research into different approaches to competition delivery, schools will share alternative approaches to competition design and delivery that provide challenge and progression for all young people.
CUL4	14:10 - 15:10	Maximising insight to address leadership access	Learn how insight driven development can help to engage different underrepresented groups in Youth Leadership. We will share the impact this can have on engagement in school life. Examples will include; pupils with lower prior attainment, young people with SEND and girls from BAME backgrounds.

CUL5	14:10 - 15:10	Meaningful Tools for Inclusion	This session will look at tools available for schools to review their inclusive practice and consider strategies to further support all young people through PE and School Sport.
CUL6	14:10 - 15:10	Young People creating social change	Examining the impact that unified play can have on young people's happiness, kindness and confidence levels
CUL7	15:30 - 16:30	How can PE, Sport and Physical Activity in schools promote LGBT inclusion?	Sharing examples of practice, policies and collaboration from Scotland to showcase how schools are working towards visibility and inclusion of LGBT young people in mainstream PE, Sport and Physical Activity provisions.
CUL8	15:30 - 16:30	Riding to Success	Sharing good practice of engaging parents and unlocking the potential of 3-5 year olds from disadvantaged backgrounds through HSBC UK Ready Set Ride, as a means to develop cycling and school readiness.