MAXIMISING THE OPPORTUNITY: GOING FOR GOLD
Ensuring and sustaining improvement for ALL pupils in physical education, physical activity and sport

Trinity Park Conference Centre
IPSWICH

Tuesday 11th March 2014 08.45 - 16.30

Benefits of attending:
Be inspired by internationally renowned speakers
Hear the latest information on PE and sport to further develop your provision and ensure maximum impact
Gain clarity on the new national curriculum and how best to plan and deliver
Be updated on the effective use of the Primary PE and Sport Premium
Discover some fresh ideas to ensure increased participation and improve the fundamental skills and health benefits of all pupils
Be challenged to think differently and reinvigorate your practice
Network with like minded colleagues

Speakers include:
Baroness Tanni-Grey Thompson DBE Paralympic legend.
Baroness Sue Campbell CBE Chair of the Youth Sport Trust. Chair of UK Sport during the run-up and during the London 2012 Olympics and Paralympics
Alex Danson Member of the Team GB Ladies Hockey Team that won the Bronze Medal in the London Olympics 2012
Crichton Casbon Specialist adviser for PE & Sport and former QCA advisor for PE
ACHIEVING EXCELLENCE TOGETHER

PROGRAMME

08.30-09.10  Arrival, registration and refreshments
09.10-09.25  Welcome and setting the scene  Mike Crichton
09.25-10.10  Key Note 1: ‘Ensuring high quality impact and sustainability’  Baroness Sue Campbell CBE
10.15-10.40  Inspirational Address  
(Alex Danson Team GB Ladies Hockey 2012 Bronze Medallist)
10.40-10.45  Q&A
10.45-11.15  Refreshments and Networking
11.15-12.15  Key Note 2: ‘Maximising the opportunity: Going for Gold’  Baroness Tanni-Grey Thompson DBE
12.15-12.20  Q&A
12.20-13.10  Lunch and networking
13.10-13.20  Dance performance (Crawfords Primary School, Haughley)
13.25-14.25  Conference Seminar  
‘Planning a curriculum that will inspire and excite ALL pupils’  Crichton Casbon
14.30-15.20  Primary Workshops
15.20-15.30  Comfort break
15.30-16.20  Primary Workshops
16.20-16.30  Conference Plenary  Mike Crichton

14.30-16.15  For Secondary Colleagues only: Key Stage 3&4 Curriculum Workshop with Crichton Casbon
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Key Note Presentations

Baroness Sue Campbell CBE, Chair of the Youth Sport Trust

Sue has been with the Youth Sport Trust since the charity's inception in 1994. Sue is a former junior international pentathlete and netball player and went on to represent her country as a player, a coach and a team manager.

Trained as a physical education teacher, Sue has taught at the University of Manchester and lectured at Leicester and Loughborough Universities. Before joining the Youth Sport Trust, she was Chief Executive of the National Coaching Foundation (now Sportscoach UK) for 11 years.

Among many honours, Sue has received 10 honorary doctorates, the latest of which was awarded from Queen's University Belfast in July 2013. In June 2003, Sue was awarded a Commander of the British Empire for her services to sport. More recently, the Baroness was awarded the Lifetime Achievement Award at the 2012 Sunday Times Sportswomen of the Year Awards and was the Chair of UK Sport (until early 2013), where she presided over Team GB and ParalympicsGB's largest medal haul in living memory.

Baroness Tanni Grey-Thompson DBE, disability sport pioneer and 11-time Paralympic gold medallist

One of Britain's greatest paralympic athletes, Tanni Grey-Thompson won 16 Paralympic medals, including 11 gold to establish her as one of the most gifted and courageous sportswomen of her generation. Tanni also won the London Wheelchair Marathon 6 times between 1992 and 2002.

Now retired from competition, Tanni still plays an active role in the administration of sport. She is the Vice-President of the Women's Sports Foundation and a member of the board of the London Marathon. Tanni is currently a member of the boards of Transport for London and the London Legacy Development Corporation.

In 2005 she was created 'Dame’ Tanni Grey-Thompson DBE for her services to sport, and in March 2010, was appointed to the House of Lords as a non party political crossbench peer, becoming Baroness Grey-Thompson DBE of Eaglescliffe in the County of Durham.
Inspiration Address

Alex Danson (Team GB Women’s Hockey Olympic Bronze Medallist)

Alex is a member of the England and Great Britain women’s field hockey teams. The Reading Hockey Club forward is one of the youngest ever England internationals, having made her senior debut at just 16 years of age, whilst still at school.

Alex is a former BBC Young Sports Personality of the Year nominee and has achieved over 185 international caps to date. She has competed successfully in many high profile events, most recently taking home a bronze medal at the London 2012 Olympic Games.

Alex found her love for the sport whilst at school, where it taught her how to successfully balance schoolwork and her other commitments. Her determination gave Alex a dream and a purpose.

Despite her achievements, the journey to success has seldom been easy; Alex has been plagued by injuries throughout her career, but has fought back every time. She has a huge passion for sport and life and truly believes that with hard work, energy and belief everyone can achieve their dreams.

Conference PE Curriculum Seminar

Crichton Casbon

Crichton Casbon has led and managed curriculum and research projects at a national level. His curriculum work for QCA included managing the implementation of the new secondary curriculum in England and supporting schools with disciplined innovation, developing commitment to learning and designing a curriculum for the future.

In physical education, he led two national curriculum reviews, developed new GCSE and GCE qualifications in PE and dance, and led a major action research project that supported the effective development of the national PE and Sport Strategy.

Before this he worked as an Ofsted inspector and taught physical education, geography, English and PSHE.
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Workshops

There will be five workshops to choose from and delegates will have the opportunity of choosing and attending two.

Workshop 1  Carol Lukins (Global PE & Sport)

Get Set for Rio

This workshop will provide opportunities for delegates to familiarize themselves with the new look Get Set website being delivered as a joint venture between the British Olympic Association and British Paralympic Association. Completely revamped, the website contains new ideas and resources to help you continue your existing work around the Games and the Olympic and Paralympic Values. Find out about the curriculum resources, assembly materials, projects and activities being offered to help schools join Team GB and Paralympics GB on their journey to Sochi 2014, Rio 2016 and beyond.

Workshop 2  Karen Lodge (Adviser, Learning Support),
Val Conaboy (Freeman’s Community Primary School)

Using Gym Trial to improve physical literacy and increase participation in physical activity

This workshop will promote the importance and the benefits of Gym Trail in your school. There will be a focus on recommendations from Occupational Therapists and Physiotherapists.

The workshop will also raise issues and share good practice using the recent case study from The Freeman’s Community Primary School (Stowupland). It will demonstrate how the school uses Gym Trail; the school’s evaluation of its effectiveness as an intervention and the impact that the intervention has on learning.

Workshop 3  British Heart Foundation Education Advisers

Promoting healthy hearts in the classroom

This workshop will showcase a range of British Heart Foundation resources suitable for use in a primary school setting. These resources can be used to reinforce valuable messages about physical activity and heart healthy lifestyles. Workshop delegates will be given an opportunity to interact and discover more about the resources and leave feeling inspired to put them to good use.

By the end of the workshop delegates will:

- Be familiar with relevant BHF programmes and resources
- Have increased their awareness about heart healthy lifestyles for young people
- Understand how the resources and programme can be used in school
- Feel confident and knowledgeable in how to use the resources
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Workshop 4  Zoe Stearn

Bokwa

Bokwa is a new fitness programme to hit the UK in the last year and is now recognised for the enormous benefits that it can have on children in Schools. Instead of using routines or choreography Bokwa is a unique programme that incorporates letters, numbers, shapes, and direction using easy to follow steps that are repeated so often that it makes the child feel that he/she has succeeded and achieved something by the end of the class. Unlike most dance fitness programmes it appeals to both boys and girls, it motivates, energises them and brings out the best in every child. It improves fitness levels, motor skills, balance, coordination, self esteem and most of all enjoyment in P.E lessons.

This workshop will introduce delegates to the Bokwa Buzz through a child’s eyes. It will take delegates through short taster session as it would be taught to years 5 and 6’s in a school setting. Delegates will also be shown video evidence of children in a Bokwa session. There will be opportunities for questions and answers.

Workshop 5  John McCormack

Skip 2BFit

One of the most popular workshops at last year’s conference. It is returning with new evidence of impact!

This workshop will showcase the unique skip2bfit workshops that use tactile learning to motivate children to succeed at everything they do, thereby improving attainment levels in schools. The workshop will explain how this is done and how the sessions incorporate healthy eating, science and numeracy as well as teaching children the technique to learn to skip like a boxer. Delegates will have the opportunity to take part in a fun 2 minute skip2bfit challenge to see how many skips they can do in 2 minutes and the top skipper on the day will win a Skip2Bfit skipping workshops blueberry bush for their school.

At the end of the session the delegate will:

- Understand how the Skip2bfit Workshop motivates children to improve attainment levels in schools. Challenging children to succeed at skipping ‘2 B the Best that You Can B’.
- Understand how the resource available can be used to continue with the programme in the school making it sustainable
- Demonstrate how the children’s progression can be monitored
- Understand how the use of the skip2bfit counting skipping rope can be used in various numeracy challenges in the classroom
- Experience the 2 minute skip2bfit challenge and appreciate the effect it has on the body.
- Understand the benefit of music and motivating voice overs in the workshop.
- Receive a punnet of fresh blueberries as handed out to children and staff in all our workshops