

Derbyshire and Notts Secondary School Conference

Creating positive physical activity experiences for all

The day will support colleagues working in secondary schools, special schools and alternative provisions. Learn, share and reflect through keynotes, interactive theory workshops, practical sessions and opportunities to network.



Monday 23 June 2025
8.30am - 3.30pm
Eastwood Hall, Notts NG16 3SS



Derbyshire and Notts Secondary School Conference 2025

Conference information and booking

Open to colleagues working in secondary schools, special schools and alternative provisions. Relevant to PE leads, senior leaders, inclusion leads, mental health leads, SENCOs, and members of the pastoral team.

The opening keynote will be delivered by Olympic weightlifter Emily Campbell.

Delegates will then attend a variety of workshops, delivered by national and local partners.

£50 per place.
Bring a colleague from the
same school for **£15**

Lunch and refreshments provided

Final booking deadline:
Monday 9 June

When booking delegates are asked to choose four workshops to attend throughout the day, selecting from:

- **Best Practice and Innovative Ideas for Teaching Examination PE**
- **Creating Inclusive and Culturally Sensitive Physical Activity Sessions**
- **Creating Positive Experiences for Neurodivergent Young People in PE**
- **Youth voice: Engaging Young People in Co-Design and Decision-Making**
- **Preparing For Ofsted and Future Curriculum Reforms**
- **Embracing Gender Diversity and Achieving Gender Equity in PE and School Sport**
- **Outdoor Education and Wellbeing**
- **Practical Tasters: Kin-Ball in an Alternative Venue and Handball**

Book your place now

CLICK TO BOOK

When booking you will be asked to select your four workshop choices.

Workshops will be allocated on a first come first served basis.

Throughout the day there will be the opportunity to attend four workshops of your choice as well as the chance to hear from our keynote speaker. You will also have time to reflect, eat, chat and visit the marketplace over lunch.

8.30am – 9am	Arrival/Registration
9am - 9.05am	Welcome
9.05am – 9.45am	Keynote - <i>Emily Campbell</i>
9.45am - 10am	Break
10am - 11.05am	Workshop 1 Delegates select one workshop to attend from a choice of three
11.10am - 12.15pm	Workshop 2 Delegates select one workshop to attend from a choice of three
12.15pm - 1.15pm	Lunch and marketplace – chance to reflect and chat with colleagues
1.20pm - 2.20pm	Workshop 3 Delegates select one workshop to attend from a choice of three
2.30pm - 3.30pm	Workshop 4 Delegates select one workshop to attend from a choice of three
3.30pm	Close

Please note that the conference timetable is subject to change

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Keynote

British weightlifter Emily Campbell

Emily, from Nottingham, is the most successful British weightlifter of modern times and greatest British female of all time. She is a Commonwealth and four-time European champion, and a double World and Olympic medallist.

In 2021, competing in the +87 kg category, Emily became both European champion, and the first British woman to win an Olympic medal in the sport, with silver at the 2020 Summer Olympics in Tokyo. In 2022 she retained her European title, won the Gold medal at her home Commonwealth Games in a new Commonwealth Games record, and upgraded her 2021 World Championships bronze medal to a silver in Bogota.

In 2023, Campbell confirmed a hat-trick of three successive European titles, before in 2024 recreating her 2021 success, winning her fourth consecutive European title and her second Olympic medal, a bronze in the +81 kg category at the 2024 Summer Olympics in Paris. She will share her journey and talk about empowering girls and the importance of offering a range of sports and activities.

Throughout the day there will be the opportunity to attend four workshops of your choice.

Please note some workshops will run once, whilst others will run twice. You can choose to attend two from a choice of five workshops in the morning, and two from a choice of three in the afternoon. Please refer to the online booking form.



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Best Practice and Innovative Ideas for Teaching Examination PE

(Will Swaithes, PE Scholar)

Examination PE is often a challenging subject to teach, owing to the significant theoretical content requirements alongside an expectation to perform well in a variety of team/ individual sports.

The reality in many schools is the requirement to teach a mixed ability, mixed gender and very mixed needs/ motivations class who have very different starting points and future interests. This workshop will present current best practice in terms of teaching, learning and assessment strategies.



Creating Inclusive and Culturally Sensitive Physical Activity Sessions

(Helen Britten, Community Action Derby, and Aliyah Khan, DE23 Active)

This workshop is designed to provide some knowledge and tools to create sport and physical activity sessions that respect cultural, religious, and personal sensitivities, creating an inclusive and welcoming environment for all participants.

This will include:

- Understanding participant needs and cultural considerations
- Respecting religious practices and scheduling sessions inclusively
- Gender-sensitive programming and dress code
- Effective communication and inclusive language
- Creating accessible facilities
- Practical strategies for cultural sensitivity in sports
- Next steps - Training, gathering and acting on participant feedback

Creating Positive Experiences for Neurodivergent Young People in PE

(Mark Morton, Dave Winter and Stevie Speakman, Portland College)

The workshop will take you through tips to include and support neurodiverse pupils within your sport and physical activity sessions. Neurodiversity is an umbrella term for Autistic Spectrum Disorder, Autism and ADHD amongst others. Mark Morton, the college's inclusion manager, will lead a short theory-based session around neurodiversity. The college's sports tutor Stevie Speakman will also share some real-life examples in practise in a PE/sport context and offer hints and tips. The session will finish with a short Q and A.

Youth voice: Engaging Young People in Co-Design and Decision-Making

(Julia Hayes, Inclusive Creativa)

In this workshop, Julia Hayes (Educational Psychologist) will provide practical examples of how you and your school or class can co-design your activity planning and evaluation, to help you deliver sessions that both motivate and empower young people. Teaching you how to use creative methods such as photovoice, Julia will include examples of her work with disabled and marginalised young people.

Outdoor Education and Wellbeing

(Yvonne Wright, Derbyshire County Council, and Alan Lea, Alderman White School)

Young people's wellbeing is essential for them to be able to thrive in school. Understanding our place in the natural world is a key part of wellbeing but with modern life we are spending increasingly more time apart from nature. This workshop will explore the concept of Nature Connectedness, its benefits, and how it can be improved for our young people. We will share practical examples and explore together how this supports a whole school approach to wellbeing.

Embracing Gender Diversity and Achieving Gender Equity in PE and School Sport

(Simon Scarborough, PE Scholar)

Providing insight into gender diversity, the session will look at the lived experiences of gender diverse / questioning students and how "traditional" PE practices can be harmful to these students. It will include myth busting information about inclusion of gender diverse children and safety concerns, providing a tool kit to support teachers.

Preparing For Ofsted and Future Curriculum Reforms

(Will Swaithe, PE Scholar)

This workshop will support you to understand what to expect from an Ofsted inspection and also the likely implications of the DfE Curriculum and Assessment Review for physical education.

Whilst the workshop is geared towards getting you ready for inspection, it will also provide you with the opportunity to reflect on how fit for purpose your current curriculum offer is and what you might want to prioritise for further improvement.

You will hear typical lines of enquiry and discuss how best to answer questions as a PE subject lead.

Practical Tasters: Kin-Ball in An Alternative Venue and Handball

(Stephen Grace, Kin-Ball UK, and Guillaume Eprinchar, England Handball)

An introduction to Kin-Ball and Handball. The Kin-Ball session will showcase its inclusivity across Key Stage 3 and 4 and how to utilise Kin-Ball in a non-traditional environment to engage pupils who may not engage in traditional PE. This will include cooperative and problem-solving games that don't need a big space or a high ceiling to use a Kin-Ball. Participants will also be able to take part in short Handball games. After trying handball, participants will be taken through the key skills needed to deliver their own inclusive and enjoyable sessions for their students.

Book your place now



Click here to book and for further information