

Notts Primary PE, Sport and Physical Activity Conference 2025

Monday 24 November
Eastwood Hall, Notts NG16 3SS

Enabling children and young people to have positive experiences of being active throughout their childhood.

A chance to explore your role in empowering all young people to be active in a way that works for them. Listening to seldom heard voices, creating positive experiences through inspiration and inclusion, and sharing and learning from best practice.



active
notts



Notts Primary PE, Sport and Physical Activity Conference 2025

For primary school teachers, primary PE coordinators, headteachers, governors and others working to improve the lives of young people through physical activity and sport in an education setting.

Join Active Notts and the Notts School Games Organiser Network for the Notts PE, Sport and Physical Activity Conference.

The opening keynote session will be delivered by **Lisa West** from **Women in Sport**. Workshops will be delivered by a range of national and local partners.

Early bird: £65
(Book before Friday 24 October)
£80 if booked after
Friday 24 October

£110 for delegates outside Notts

Final booking deadline
Monday 10 November

Conference information and booking

Delegates will hear from our keynote speaker before attending a variety of dedicated workshops, choosing up to three workshops to attend through the day, selecting from:

- **Understanding the New Ofsted Inspection Framework Implications for PE**
- **Listening to Seldom Heard Voices**
- **Ideas for Holistic Assessment Using Move, Think, Feel and Connect**
- **The '3 Es' to Include Parents in the Power of Movement**
- **Wet Weather and Disrupted PE Solutions**
- **Physical Literacy Informed PE and Implementing Oak National Academy Ideas**
- **Move More, Learn More: Using the Power of School-based Physical Activity to Boost Learning**
- **Inclusive PE**
- **Developing Skills Through Games**
- **Combining Movement and Storytelling**
- **Active Travel Plans**
- **Outdoor Learning and Nature Connectivity**
- **Poster Presentations**
- **Bringing Boccia and Kin-Ball to Schools: Experience, Deliver, Inspire**

[Click here to book](#)

Book your place now

When booking you will be asked to select your three workshop choices. Workshops will be allocated on a first come first served basis. Schools can use their PE and Sport Premium funding for CPD such as this event.

Throughout the day there will be the opportunity to attend up to three workshops of your choice as well as the chance to hear from our keynote speaker. You will also have time to network with colleagues and browse the marketplace over lunch.

8.30am – 9am	Arrival/Registration
9am - 9.10am	Welcome
9.10am – 9.50am	Keynote - Lisa West - Women in Sport
9.55am - 11.10am	Workshop 1 Delegates select one workshop to attend from a choice of seven
11.10am - 11.25am	Break
11.25am - 12.40pm	Workshop 2 Delegates select one workshop to attend from a choice of seven
12.40pm - 1.40pm	Lunch, networking and marketplace
1.45pm - 3pm	Workshop 3 Delegates select one workshop to attend from a choice of seven
3pm - 3.30pm	District SGO sessions
3.30pm	Finish

Please note that the conference timetable is subject to change

Throughout the day there will be the opportunity to attend up to three workshops of your choice

Please note some will run more than once, whilst others will only be available in the morning or afternoon. Please refer to the online booking form.

Keynote

Lisa West - Head of Policy, Partnerships and Public Affairs, Women in Sport



Sport, stereotypes and stolen dreams - Lisa will deliver an overview of Women in Sport's research that shines a light on the early experiences of girls and boys and how those experiences impact their relationship with sport and activity throughout their lives.

Lisa is a passionate advocate for gender equality and has worked within Local Authorities, National Governing Bodies and as a consultant, leading change across the sport and leisure sector. Her 18 years in the sector enable a deep understanding of the system and how it needs to change to enable women and girls to thrive as participants, volunteers, professionals and as leaders. Lisa believes whole heartedly in the power that sport and physical activity has to improve lives. Lisa is also a School Governor at her children's primary school.

Listening to Seldom Heard Voices

(Katy Rogers, Youth Sport Trust)

Using the youth voice toolkit, explore materials and approaches to engage and listen to some of the most seldom heard young people through Physical Education, School Sport and Physical Activity (PESSPA). Explore the Youth Voice Toolkit to reach these groups. Gain practical ideas to create inclusive and meaningful opportunities for young people to share their views. Learn how to use feedback to improve PESSPA provision for all young people.

Wet Weather and Disrupted PE Solutions

(Simon Scarborough, PE Scholar)

Don't let a rainy day or a booked-out hall derail your PE lessons! This hands-on workshop provides practical, ready-to-use solutions for keeping pupils active and engaged, no matter the weather or space constraints. Discover creative activities that maintain curriculum progression and a physical literacy focus. You'll leave with a toolkit of engaging ideas and the confidence to deliver high-quality PE lessons in any environment.

The '3 Es' To Include Parents in the Power of Movement

(Katy Rogers, Youth Sport Trust)

An insight-led session spotlighting the story of 'Cubitt Town Primary school' and PE lead, Justin Jose's learning in relation to effective parent engagement. Understand the barriers to parent engagement. Share experiences and successes. Use the '3 Es' framework of engage, educate and empower as a how-to approach to plan what could work in your setting.

Physical Literacy Informed PE and Implementing Oak National Academy Ideas

(Will Swaithe /Lou Hacking, PE Scholar)

Curious about physical literacy and how it can transform your PE curriculum? This insightful session demystifies physical literacy and shows you how to apply it directly to your teaching. We'll use the free to access DfE funded materials we produced for Oak National Academy as a springboard to explore how a physical literacy-informed approach can be used to elevate your PE provision. We'll also provide a glimpse into the future of the PE curriculum based on the DfE's Curriculum and Assessment Review.

Move More, Learn More: Using the Power of School-based Physical Activity to Boost Learning

(Prof Simon Cooper and Dr Karah Dring, Nottingham Trent University)

Explore ways in which physical activity can be used within the school day to boost cognitive function and learning. Drawing on experiences from 15+ years of research in this area, this workshop will outline the evidence showing how school-based physical activity can enhance cognition, and allow you to facilitate your schools to make evidence-based recommendations when implementing physical activity. The workshop will discuss 'what works', and 'what doesn't work' and provide a 'menu' of options for school-based physical activity – including, amongst others: physically active lessons, exercise snacks, activity breaks, The Daily Mile, and PE. There will also be a discussion around the factors that might influence which option, or combination of options, is best for your school, and how these can be implemented in different settings.

Ideas for Holistic Assessment Using Move, Think, Feel and Connect

(Lou Hacking, PE Scholar)

Tired of focusing solely on technical skills? This practical workshop will revolutionise your approach to assessment and feedback. We'll explore the "Move, Think, Feel, Connect" framework, giving you powerful strategies to provide meaningful feedback that recognises and supports every pupil's journey. Learn how to use diagnostic, formative, and summative feedback to ensure all pupils feel seen, praised, and supported, building a truly inclusive and holistic PE environment.

Developing Skills Through Games

(James Riches, The FA)

The practical workshop will explore how we can use engaging games to develop cognitive, physical, social and emotional skills. Throughout the session we will discuss ways of adapting the activities to enable pupils to participate and have positive experiences of Physical Education.

Understanding the New Ofsted Inspection Framework Implications for PE

(Will Swaithe, PE Scholar)

The new Ofsted inspection framework is here, and it's time to get ahead. This workshop will cut through the noise, providing a clear, concise overview of the key changes - including the new report cards and a greater focus on inclusion. Learn how to use this new framework as a catalyst for positive change in your PE department. We'll share actionable strategies to help you demonstrate your strengths, address areas for improvement, and ensure your provision meets the needs of all your learners.

Inclusive PE

(Helen Derby, Activity Alliance)

This workshop will look at empowering school staff to deliver inclusive and meaningful PE and school sport. Through Activity Alliance's insight and research, we know there are over 1.5 million disabled children in the UK, around 15% of the school population. Just a quarter of them say they regularly take part in sport at school. This workshop will look at inclusive PE, the tools to develop inclusive PE alongside the support available to ensure PE and School Sport is for everyone.

Poster Presentations

(Various best practice schools)

An opportunity to learn from schools demonstrating innovative practice relating to PE, sport and physical activity. The workshop will run as a carousel with delegates rotating around a variety of poster presentations, spending a set amount of time at each. This is an informal session with schools sharing their actions, how they measure the impact and next steps. Delegates can ask questions before rotating round to their next station.

Active Travel Plans (Sara Davies, Walk Notts, and Lucy Haywood, Dallimore Primary and Nursery School)

Children and young people aged 5 – 18 should be active for 60 minutes a day according to the Chief Medical Officers guidelines. Active travel can play an important part in achieving this outcome. During the workshop you will have the opportunity to hear from colleagues who have embedded active travel within school life, taking inspiration from their approaches and the impact it is having on their school community.

Outdoor Learning and Nature

Connectivity (Becky Lawrence, Learning through Landscapes)

Children, parents, and school staff alike are all feeling the exam pressure. Accordingly, many busy educators fear that too much time outdoors during the school day robs from valuable teaching time. Yet, we know that time spent learning and playing outdoors is often the most valuable teaching time, capable of boosting attainment, promoting wellbeing and encouraging climate action. This workshop will encourage delegates to reflect on their own schools' approach to outdoor learning and Learning through Landscapes will share their work in this space including their resources which are free to access.



Bringing Boccia and Kin-Ball to Schools: Experience, Deliver, Inspire

(Stacey Monk-Reed, Boccia England, and Colin Grady, Kin-Ball UK)

An interactive workshop where you'll get hands-on with the inclusive and accessible sports of boccia and Kin-Ball. Discover how boccia can be introduced and delivered in schools to engage all students, regardless of ability. You'll explore the benefits of the sport, from building teamwork and communication skills to boosting confidence and inclusivity, and take away practical ideas to inspire participation in your own setting. The Kin-Ball session will showcase its inclusivity across Key Stages 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.

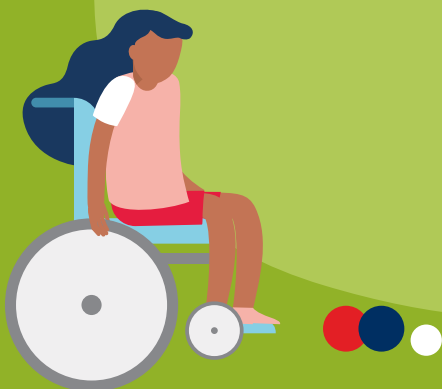
Combining Movement and Storytelling

(Clare Wood, Nottingham Trent University)

An introduction to the MAST (Movement and Storytelling) programme, which have been developed with early years practitioners over a number of years, and is rooted in evidence from psychology and sport science. MAST is suitable for children aged three to six, and supports not just the development of fundamental movement skills in a way that is fun and developmentally appropriate, but it has also been found to significantly benefit the children's language skills too. In the workshop you will be introduced to the background to the approach before having the chance to see MAST in action and think about how it could work in your setting.

SGO District Networking Session

Time to reflect on what you have heard throughout the day and share key take aways with colleagues. The Notts School Games Organisers will provide district updates and answer any questions you may have.



See highlights from the
2023 conference here



We are looking at ways we can reduce the environmental impact of this event. Please consider using public transport or car sharing wherever possible. Eastwood Hall also considers its impact on the planet

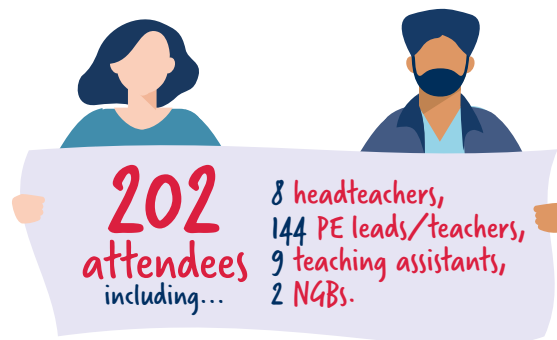


[Click here to find out more](#)

Book your place now

[Click here to book and for further information](#)

Feedback from the last conference in 2023:



Overall Satisfaction

NPS score = 100

How satisfied were you with this conference?

Very satisfied

93 %

Somewhat satisfied

7

Neither satisfied nor dissatisfied 0
Somewhat dissatisfied 0 Dissatisfied 0

What was MOST valuable about the conference?

Networking with other PE Leads and the plethora of advice concerning active schools. The keynote speaker was excellent and incredibly inspiring!

Practical ideas to take away regarding pupil voice and dance.

Opportunities to meet new people.
Great speakers. Interesting topics.

