



# Coronavirus Support *Live*

22-25 February 2021



## TV guide



## Introduction

### Welcome to all of our friends and colleagues

At the Youth Sport Trust we are determined to continue our support for teachers, senior leaders and young people at this challenging time.

With that in mind we have created a week of virtual, free to access CPD sessions for teachers and senior leaders to ensure that you get access to the best and most up to date advice and information to help you this term, whether delivering in school or remotely.

We have a wide range of workshops to choose from focused on three key themes:

**Educated** – Keeping children and young people physically educated

**Active** – Keeping children and young people physically Active

**Connected** – Keeping children and young people socially connected

You can find out how schools have been using resources developed by us and our partners to address the current challenges of delivering PE, physical activity and enrichment as well as spend time networking with colleagues.

The wellbeing of young people and staff is a concern for all of us and we don't want any school to feel like they face this challenge alone... Come and join us!

## Monday 22

### 12:00-13:00 – YST members only

#### How to ensure your PE and school sport offer is inspiring, accessible and meaningful for all your pupils during this national lockdown period

This webinar will begin by sharing the landscape around how children and young people with SEND have been affected during the national and local lockdowns, and how PE and school sport can offer opportunities to rebuild, reconnect and support their recovery at home and in school. Throughout this webinar we will be highlighting best practice, exploring the importance of inclusive youth voice, and focusing on resources that are available to you that can support young people, not only in the classroom or the sports hall but also during their home learning experience.

<b>ID</b>	EDU1
<b>F</b>	Pre-recorded
<b>D</b>	Vicci Wells (Youth Sport Trust)
<b>P</b>	<b>Educated</b> and <b>Active</b>
<b>SAT</b>	Primary, Secondary, Special and Alternative Provision

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# Tuesday 23

10:30

## Healthy Movers at Home

Healthy Movers at Home with Flo provides an activity for Early Years aged children. Try some new Healthy Movers activities, get your body moving and most importantly enjoy yourself!

[VIEW SESSION](#)

## Youth Sport Trust Membership

Our membership packages give you practical tools to demonstrate how PE and school sport can positively affect whole school outcomes. We offer a variety of levels to suit the needs of your school or group of schools.

With a wide range of CPD, advice and physical products, each level will help you understand, plan and deliver a high-quality PE curriculum that uses PE, sport and physical activity to improve personal development and contribute to whole school wellbeing and achievement outcomes.

### Packages also provide:

- support with challenges arising from COVID-19
- consultancy
- best practice examples

[FIND OUT MORE](#)

12:00–13:00

## Effective use of the PE and Sport Premium here and now

How has the PE Premium funding been used to support the needs of young people during this period and how could it be used to support recovery? Giving schools some creative ideas around the spend that includes solutions from our products and those of our partners.

**ID** EDU2  
**F** Live Zoom workshop  
**D** Emma MacKenzie-Hogg (Youth Sport Trust)  
**P** **Educated**, **Active** and **Connected**  
**SAT** Primary

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15:30–16:30

## Student voice is 'more important than ever' during the COVID-19 pandemic and in planning recovery from it

Never have young people's voices been so critical, yet so at risk of remaining unheard. Young people have a unique lived experience of being young during a global pandemic. Before we plan for their recovery we must listen to them so that together we get their return to school right first time. Hear ways schools have solicited youth voice as part of their COVID-19 recovery and top tips for engaging the voice of all young people.

**ID** CONN1  
**F** Live Zoom workshop  
**D** Niamh Mourton and Ali Goodall (Youth Sport Trust)  
**P** **Connected**  
**SAT** Primary, Secondary, Special and Alternative Provision

[BOOK NOW](#)

16:00–17:00

## Supporting the here and now of delivery of Physical Education in the primary space

What is Physical Education and how can this work in a home environment?

- Challenging the development of the whole child through home learning
- Success stories and sharing good practice
- Explore ideas that will support the delivery of home Physical Education
- Touching on how we can increase physical activity opportunities for pupils at home.

**ID** EDU3  
**F** Live Zoom workshop  
**D** Emma MacKenzie-Hogg (Youth Sport Trust) and Catherine Fitzpatrick (Complete PE)  
**P** **Educated** and **Active**  
**SAT** Primary

[BOOK NOW](#)

16:00–17:00

## Supporting the here and now of delivery of Physical Education in the secondary space

What is Physical Education and how can this work in a home environment?

- Challenging the development of the whole child through home learning
- Success stories and sharing good practice
- Explore ideas that will support the delivery of home Physical Education including Oak National Academy
- Touching on how we can increase physical activity opportunities for pupils at home

**ID** EDU4  
**F** Live Zoom workshop  
**D** Kate Thornton-Bousfield (Youth Sport Trust)  
**P** **Educated** and **Active**  
**SAT** Secondary, Special and Alternative Provision

[BOOK NOW](#)

16:00–17:00

## Could sport sanctuaries in schools help young people recover from the impact of a pandemic?

In this session, Victoria Wells from the Youth Sport Trust, asks: Could sport sanctuaries in schools help young people recover from the impact of a pandemic? Taking ideas strongly allied to the five levers in the Recovery Curriculum, and at a time when Ofsted has published evidence indicating the mental distress and erosion of mental health in our children and young people, it is crucial to find ways that enable young people themselves to self-regulate their mood and rebuild their resilience. Exercise, for all of its well-known benefits, offers this at all levels for all learners.

**ID** ACT1  
**F** Live Zoom workshop  
**D** Vicci Wells (Youth Sport Trust)  
**P** **Active** and **Connected**  
**SAT** Primary, Secondary, Special and Alternative Provision

[BOOK NOW](#)

17:00

## After School Sport Club

The free Youth Sport Trust After School Sport Club hosted by a Youth Sport Trust Athlete Mentor. Try some new sport activities, learn some new skills and most importantly have fun!

[VIEW SESSION](#)



# Wednesday 24

09:00–10:00

**An overview of the content and resources available to support schools and families to help children and young people to participate and lead in sport**

This session will showcase the different content and resources available from YST and National Governing Bodies of Sport which schools and families can access to help children and young people to participate and lead in sport, helping you to choose what is most appropriate for the children and young people in your school. Tune in to make sure you are maximising the support available.

**ID** ACT2  
**F** Market place showcase, pre-record NGBs, live chat during session  
**D** Ellen Falkner and Roman Neveykin (Youth Sport Trust)  
**P** **Active**  
**SAT** Primary, Secondary, Special and Alternative Provision

**BOOK NOW**

## Well Schools

A movement for change. Well Schools aims to improve education outcomes by placing wellbeing at the very heart of education to support school staff, senior leaders and young people. Share, collaborate and find support from other school staff on the community platform.

**JOIN THE CONVERSATION**

12:00–13:00

**Maintaining your personal energy and coping through lockdown**

Children's wellbeing and their ability to cope with the uncertainty, stress and anxiety of lockdown is at an all time low. This session will take you through some of the strategies staff and pupils can adopt to keep themselves active, well and happy while also benefitting their learning at home and at school

**ID** ACT3  
**F** Live Zoom workshop  
**D** Rachael MacKenzie and Chris Wright (Youth Sport Trust)  
**P** **Active**  
**SAT** Primary and secondary

**BOOK NOW**

13:00–14:00

**Safe practice in PE, school sport and physical activity**

Using Safe Practice in PE, school sport and physical activity (2020) to support your risk management process.

**ID** EDU5  
**F** Live Zoom workshop  
**D** Steve Caldecott (Association for Physical Education) and Kate Thornton-Bousfield (Youth Sport Trust)  
**P** **Educated**  
**SAT** Primary, Secondary, Special and Alternative Provision

**BOOK NOW**

16:00–17:00

**The role Physical Education can play in the recovery term**

Supporting schools to consider what to implement as pupils return to school and why  
Setting the scene, looking at the impact of lockdown and understanding the importance of movement

**Through the PE lens:**

- The importance of focusing on the needs of your pupils as you design your curriculum
- What should we deliver physically to support our pupils to recover?
- How can we support pupils' personal development linked to their specific needs?

**Through the physical activity lens:**

- What opportunities can we consider that will help pupils to access as much physical activity as possible?

**Bringing this to life with resources that can help**

**ID** EDU6  
**F** Live Zoom workshop  
**D** Emma MacKenzie-Hogg (Youth Sport Trust) and Catherine Fitzpatrick (Complete PE)  
**P** **Educated** and **Active**  
**SAT** Primary

**BOOK NOW**

16:00–17:00

**Secondary Youth Sport Trust PE catalYST network session**

This session provides an opportunity for secondary Youth Sport Trust PE catalYSTs to come together to discuss the current state of PE and future developments.

**ID** EDU7  
**F** Live Zoom workshop  
**D** Danny Burton (Youth Sport Trust)  
**P** **Educated, Active** and **Connected**  
**SAT** Secondary and Alternative Provision

**BOOK NOW**

18:00

**How parents and carers can help to turn the tide on inactivity so that children can enjoy the life-changing benefits of daily physical activity.**

Fewer than half of young people are averaging the CMO's recommended 60 minutes of daily physical activity. In this session specifically for parents and carers, we will provide top tips on how to support children to maintain a healthy active lifestyle during the lockdown. We will also explore practical solutions that will help you raise awareness of the importance of an active lifestyle.

**ID** ACT4  
**F** Live Zoom workshop  
**D** Chris Ellis (Youth Sport Trust)  
**P** **Active**  
**SAT** Parents and carers of all ages

**BOOK NOW**



# Thursday 25

10:30

## Healthy Movers at Home

Healthy Movers at Home with Flo provides an activity for Early Years aged children. Try some new Healthy Movers activities, get your body moving and most importantly enjoy yourself!

[VIEW SESSION](#)

12:00-13:00

## How to plan a meaningful return to school sport in the spring and summer terms that is designed to help children and young people recover from the impact of COVID-19

This session will share insight on the impact of COVID-19 on children and young people and how this and student voice can inform what they need from school sport to help them recover. During the session, we will explore principles and ideas on what the return of school sport could look like. We'll also give you the opportunity to reflect, plan and consider what this might look like in your school and what you can do now to prepare children and young people.

**ID** CONN2  
**F** Live Zoom workshop  
**D** Ellen Falkner and Adam Douglas (Youth Sport Trust) and YST Youth Board  
**P** **Connected**  
**SAT** Primary, Special, Alternative Provision and Secondary

[BOOK NOW](#)

12:00-13:30

## YST Lead Inclusion Schools Networking

Opportunity for YST Lead Inclusion Schools across the country to communicate, connect and collaborate as part of their annual Spring Term networking.

## Additional coronavirus support

We have a range of free resources to support you with PE, sport and physical activity, whether you're teaching in school or remotely. Activities include home learning for PE, 60 second challenges and a wealth of other resources created by us and our fantastic partners.

[FIND OUT MORE](#)

16:30-17:30

## The Complete PE package to support effective use of funding for sustainable impact

Complete PE, with input from member schools, showcase their interactive, educational resource as an effective tool for building teacher confidence to ensure sustainable impact of your PE Premium funding. With a focus on the development of the whole child, this session profiles how My Personal Best, TOPS and Complete PE work hand in hand to ensure that the physical, social, cognitive and emotional domains of learning are planned for and assessed with structured and progressive sequences of learning.

**ID** EDU8  
**F** Live Zoom workshop  
**D** Emma MacKenzie-Hogg (Youth Sport Trust) and Catherine Fitzpatrick (Complete PE)  
**P** **Educated**  
**SAT** Primary

[BOOK NOW](#)

16:30-17:30

## Raising attitudes and attainment in Maths and English through physically active learning

Join Teach Active for a workshop demonstrating how schools can raise attitudes and attainment in maths and English through physically active learning (PAL). The workshop will explore how schools are using movement and active learning within traditional Maths and English lessons and the associated benefits of this approach.

At the end of the workshop all schools will be given a demonstration and access to a **free trial** of [www.teachactive.org](http://www.teachactive.org)

**ID** ACT5  
**F** Live Zoom workshop  
**D** Jon Smedley (Teach Active)  
**P** **Active**  
**SAT** Primary SLT, maths, English and PE leads

[BOOK NOW](#)

15:30-16:30 – YST members only

## Explore wellbeing

This live webinar will explore how PE, school sport and physical activity can be used to improve the wellbeing of your pupils, help them achieve their potential and support whole school outcomes. In a time when the wellbeing of all young people is of great importance, this webinar will also explore the membership benefits that can be used to create this culture in your school.

[Register via your Membership newsletter](#)

17:00

## After School Sport Club

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