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Mental Health and Wellbeing and how PE can be used to teach pupils to lead healthy active lives in a more holistic way.

Wednesday 19 April 2023

# HAMPSHIRE PE CONFERENCE

Our socials

@HantsOutdoors  
#HantsPEConf2023



# WELCOME



## **Welcome to the annual Hampshire PE Conference!**

After the success of last year, we are excited about being able to hold our conference as a hybrid event again, and hope that it runs smoothly for all those involved. We are pleased that so many of you have been able to join us this year, as we appreciate the challenges surrounding being released from school.

This year's focus of mental health and well-being is currently so significant in schools and I would like to thank the key note speakers, panel representatives and workshop presenters who will be supporting our event today. We have an exciting programme of workshops and speakers which will equip school teachers and PE leads with the resources, ideas and inspiration to create a curriculum that is supportive and encouraging to all students. This event wouldn't be able to be successful without their support and passion for physical education.

A huge thank you must also go to Energise Me, Public Health Hampshire and IOW, and the volunteers on our PE Conference board who provide ongoing support to the event.

Finally thank you to all of you working in schools, for your hard work and enthusiasm to keep PE, Physical Activity and School Sport at the forefront of the curriculum.

### **We hope you enjoy the event.**

**Jo Hayes - PE Development Manager (maternity cover) – [joanne.hayes@hants.gov.uk](mailto:joanne.hayes@hants.gov.uk)**

### **Important - How to access the virtual conference:**

Within the programme found in this pack, you will find the links to sections of the virtual conference. Please ensure you use the correct link to access the sessions you require.

If you have any issues with being unable to access the virtual conference please call Jo or Lindsay on 07759 135571 or 07596 242539

**Note: All delegates will be sent a link after the conference to the online site where some of the days keynotes will be viewable in the coming days.**



# KEYNOTES



## Dr Kristy Howells - Heath and the role of PE

Kristy Howells is Director of Physical Education at Canterbury Christ Church University. She specialises in Physical Development, Early Years and Physical Education and aims to inspire and motivate the next generation of primary school teachers to be the best of the best at teaching Physical Education.

When not lecturing or researching, Kristy can often be found on wheels either skating on 8 wheels or riding on two wheels! She always wanted to be a role model in sport and still compete at national and international levels.

Kristy has been awarded the University's Teaching Excellence award twice (2012 and 2022) for outstanding teaching and learning, as well as authored, and co-authored many publications on the topic of Physical Education.



## Sue Wilkinson MBE (afPE)

Sue became the Association for Physical Education (afPE) Strategic Lead in 2011. She has authored and co-authored several publications and in 2016 became the Chief Executive Officer of the Association, and received an MBE for her services to Education in 2016. The role involves leading afPE (the only subject association for physical education, school sport and physical activity in the UK) to support the workforce, members, lobby to raise the profile of the subject and to improve outcomes for children and young people in all educational settings.



# KEYNOTES



## **Sara Jukes (Youth Sport Trust)**

Sara is the Development Manager - School Relationships & Strategic Partnerships at the Youth Sport Trust. Working with schools to equip educators and empower young people with the vision of creating a future where every child enjoys the life-changing benefits of play and sport.



## **Georgina Howe (Sport England)**

Georgina Howe is Head of Young People in the Policy and Integrity Directorate at Sport England. Georgina leads on Sport England's Secondary Teacher Training programme and Studio You, a video platform designed to engage less active teenage girls

## Today's panel

### **Vicky Randall**

- University of Winchester, Primary specialist

### **Will Swaites**

- PE Scholar, Secondary Specialist

### **Kristy Howells**

- University of Canterbury, Early Years specialist

### **Simon Bryant**

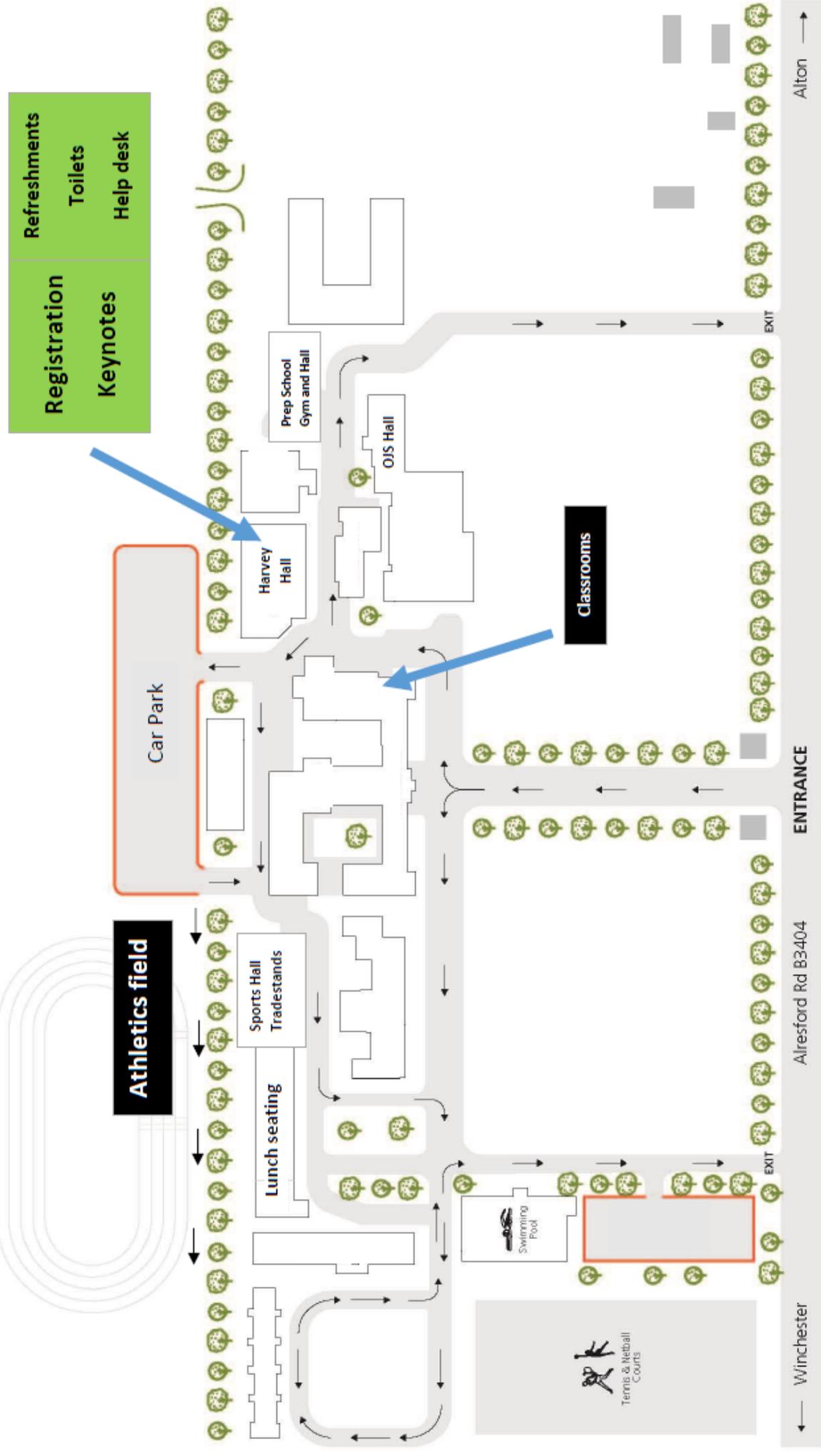
- Director of Public Health - Hampshire County Council and Isle of Wight Council

### **Caroline Robins**

- Great Oaks School, SEND specialist

Refreshments  
Toilets  
Help desk

Registration  
Keynotes



Workshop locations		
Mental wellbeing in schools // Harvey Hall	Physical Literacy // Classroom	Get Wheels // Sports Hall
Sherborne Developmental Movement // Prep Hall	Connecting // Athletics field	Introducing yoga // OJS Hall
Outdoor Learning // Athletics Field	Approaches to Teaching // Prep School Hall	Secondary Curriculum Design // Classroom
Cooperative Learning // OJS Hall	Wallball // Sports Hall	Alternative Sports // Prep School Gym

# PROGRAMME

<b>8:15 - 8:45</b>	<b>Sign in and welcome</b>
<b>9:00 - 9:45</b>	<b>National updates - afPE, Youth Sport Trust, Sport England</b>
<b>9:45 - 10:30</b>	<b>Kristy Howells - Health and the role of PE</b>
<b>10:30 - 11:00</b>	<b>Break</b>
<b>11:00 - 11:45</b>	<b>Panel Discussion/Q&amp;A</b>
<b>11:45 - 1:00</b>	<b>Lunch &amp; tradestands</b>
<b>1:00 - 2:00</b>	<b>Workshop 1</b>
<b>2:15 - 15:15</b>	<b>Workshop 2</b>



## Joining us virtually?

To log in: [www.ourevent.tv/hampshire-pe-conference-2023](http://www.ourevent.tv/hampshire-pe-conference-2023)

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*If you experience any difficulties with the live feed, please refresh your screen.*

# WORKSHOPS

**Today's workshop information can be found here:**

<https://documents.hants.gov.uk/education/HampshirePEConference2023-Workshops.pdf>



# TRADE STANDS



**Hampshire  
Outdoors**

Participation & Lifelong Learning



# TRADESTANDS



INSPIRED  
SCHOOLS



COMPLETE  
EDUCATION  
SOLUTIONS



LAND&WAVE  
ADVENTURE FOR GOOD



Planet  
Education  
Inspiring lives through sport



Sawscapes Play  
EXPLORE & LEARN



INTEGR8  
DANCE



SPORTS DIRECTORY UK



Watersports training & activity trips



UK Wallball



Get Set 4 PE.



Stubbington  
Study Centre



BMX SKATE &  
SCOOT  
ACADEMY



MINSTEAD  
STUDY CENTRE

# 19 - 23 JUNE 2023

## HAMPSHIRE SCHOOL GAMES WEEK 2023

Hampshire School Games Week in 2023 will be based on the School Games outcomes, daily activities, challenges, resources and rewards covering, Leadership, Competition, Wellbeing, Culture and Physical Activity. To access some great resources and goodies to support your Hampshire School Games Week sign up by 12 May 2023



### UPCOMING COURSES

Give us your feedback to be in with the chance of winning 1 of 2 prizes!

Prize 1: £100 voucher for any Hampshire Outdoors course  
Prize 2: £50 voucher for any Hampshire Outdoors course



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