

Bitesize CPD 2024-25

We bring educators together as part of our mission to transform the lives of young people using the power of PE, play and sport.

Core: Transforming PE, school sport and physical activity (PESSPA)

<p>The physical literacy lens to transforming PESSPA</p>	<ul style="list-style-type: none"> • Understand the concept of physical literacy, why it matters and its relevance within education. • Hear how to prioritise both the quality and quantity of physical activity. • See examples of physical literacy in action.
<p>Youth Voice in practice: insights from the network</p>	<ul style="list-style-type: none"> • Unpick the concept and power of Youth Voice. • Hear examples of effective Youth Voices in action. • Receive signposting to resources and support.
<p>Bridging the gap: promoting equality in PE, school sports and physical activity</p>	<ul style="list-style-type: none"> • Understand the meaning of socio-economic disadvantage. • Identify some of the educational effects of socio-economic disadvantage. • Explore how to provide a more equitable PE experience for all students.

Premium: Leveraging PESSPA for school improvement and better outcomes for young people

<p>Putting wellbeing first: building a Well School</p>	<ul style="list-style-type: none"> • Understand the wellbeing barriers to learning. • Reimagine your school as a Well School. • Learn how physical activity drives whole school improvement.
<p>Governors and trustees: understand your role and responsibility to PE and school sport provision</p>	<ul style="list-style-type: none"> • Understand the role PESSPA can have in supporting wellbeing and whole-school/Trust outcomes. • Understand how governing boards can monitor and ensure effective, sustainable use of the Primary PE and School Sport Premium.
<p>Harnessing PE for school improvement</p>	<ul style="list-style-type: none"> • Understand the challenges facing schools. • Hear experiences from schools that position PE at the heart of school life. • Learn how to implement ideas and top tips.

*Core members have access to the first three courses listed above. Premium members have access to all six courses.



Login to your dashboard to view all your benefits [here](#).

Contact us: membership@youthsporttrust.org | 01509 462900