

ISA' PE and Sport Conference 2019
Delivered in partnership with the Youth Sport Trust
David Ross Sport Village, Nottingham
3 & 4 October 2019

Title: *'Sport changing lives for good'*

Synopsis: The power of PE and Sport to enhance the wellbeing, achievement and leadership of all young people is huge. Are we doing enough, embracing innovation and considering ALL young people in what we offer, how we offer it and the changing needs of our students? This year's ISA Conference, delivered in partnership with the Youth Sport Trust will explore how we, PE professionals unlock the exciting potential PE, sport and physical activity has to enable our students to become the very best they can be.

Day 1 programme

9.30 – 10.30	Arrival & Registration	
10.30– 11.15	Welcome & Opening keynote	YST
11.15 – 11.25	Coffee	
11.25– 12.50	Session 1	3 theory workshops (YST)
12.50 – 1.20	Lunch	
1.20 – 1.30	Movement	
1.30 – 2.45	Session 2	3 practical workshops
2.45– 3.00	Movement	
3.00 – 4.15	Session 3	3 practical workshops
4.15 – 4.20	Movement	
4.20 – 6.00	Exhibition	
6.00 – 7.00	Check-In	

Dinner - programme

7.00 – 7.30	Drinks Reception & welcome from ISA	Including Young person performance
7.30	Dinner	3 course dinner
9.00	After Dinner Speaker	
10.00	Dinner concludes	

Day 2 - programme

7.30 – 8.30	Breakfast & check out of hotel	
8.45 – 10.00	Session 1	1 theory and 1 practical
10.00 – 10.20	Break & movement	
10.20 – 11.35	Session 2	1 theory and 1 practical
11.35 – 11.45	movement	
11.45 – 12.15	Closing	YST - athlete
12.15	'grab & go' lunch and depart	

Opening Address

Conference Opening
By a Young Person
5 mins

ISA welcome
Thanks to Youth Board member and set out conference, welcome Ali
5 mins

Keynote address delivered by Youth Sport Trust's CEO, Ali Oliver.
Exploring how we, PE professionals unlock the exciting potential PE, sport and physical activity has to enable our students to become the very best they can be.
30 minute session

Theory workshops

ISA to choose three out of the four workshop opportunities from Youth Sport Trust;

- Making life skills explicit in PE – demonstrate an explicit life skills approach to teaching and learning in PE, using the team sports of netball, cricket and hockey
- Tackling exam stress through healthy lifestyles - Explore the theory, practice and impact of tackling stress and anxiety through physical activity and healthy lifestyles
- Building a blue print for PE - How re-designing our PE curriculum, will not only develop students physically, but also transform them holistically to cope with the rigours of life
- Rebranding PE and Games for girls – empowering and engaging girls in PE, school sport and physical activity

Each 1hr 25min session will be a facilitated, interactive workshop led by an expert member of YST deliverer.

Additional Delivery

- YST Athlete Mentor to deliver closing on day two
- Drumba – partner of YST's to deliver interactive session for delegates at end of day 1