

6 **NEW** engaging and educational PE workshops for Primary Schools in 23/24

Each workshop is uniquely designed to address the key challenges that PE leaders face, providing insightful solutions, best practices and collaborative opportunities.

Active Anywhere: Integrating Daily 30-Minute Activity Beyond PE

This workshop will equip participants with practical strategies to incorporate 30 minutes of daily activity into students' lives, outside of PE lessons, maximising classrooms and break times.



Body-Mind Connection: Enhancing Mental Wellbeing through Physical Activity

Understand the crucial link between physical activity and mental wellbeing, and learn strategies to boost both in your classrooms.



Dance Fundamentals for Non-Specialists

Gain the skills to lead dynamic dance sessions, making dance fun and accessible for all.

Holistic PE: Nurturing the Whole Child

Explore the role of PE in developing the whole child - physically, cognitively and emotionally.



Holistic PE for Early Years: Nurturing the Whole Child

Explore the role of PE in EYFS in developing the whole child - physically, cognitively and emotionally.



Pilates and Physical Literacy

Understand the benefits of a Pilates based programme for children and how to deliver core strengthening activities easily and successfully.

Our workshops can be tailored to your specific needs and schedules. Interested in scheduling a workshop for your next **PE lead meeting** or **conference**?

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