



PE Conferences and CPD Workshops

Are you looking for CPD opportunities to support your Primary School? Perhaps your teachers are struggling with tricky subjects like dance, PE or even mental wellbeing?

Our practical workshops are available as 1, 2, or 3 hour sessions, and are perfect for PE conferences, cluster meetings and subject leader days.

Teaching Primary Dance with Confidence

The prospect of teaching dance often leaves teachers feeling nervous and overwhelmed - so how do we help teachers build their confidence?

During this practical workshop, you will learn some simple activities and teaching techniques that will build your confidence, and that of your colleagues.

We explore the key areas of teaching dance, learn how to find the beat to the music, how to build a theme using the 6 principles of dance and how to use music structures to build a performance.

Plus, you'll take away simple and effective teaching methods that any teacher can use, regardless of their experience.



Teaching PE with Confidence

Physical Education is often seen as one of the most difficult, stress inducing subjects across the primary school curriculum - with many teachers lacking the confidence to plan, deliver and assess their own PE lessons.

And now with the recent Ofsted PE review suggesting more emphasis on teachers delivering a child-focused, holistic PE programme, where do you start?

During this workshop, we will show PE leads how to roll out an inclusive child-focused PE curriculum that's easy and fun to deliver, that challenges EVERY child, and that develops those important interpersonal and transferable skills that Ofsted are looking for.

We'll explore more about developing your pupils motor competence, understanding of rules, strategies and tactics, and increasing healthy participation.

Plus we'll show how Physical Education can be developed using the 'whole child' approach.



Supporting Mental Wellbeing in a post-Covid world

Mental health issues amongst children are at an all time high, and the true effects of the pandemic are yet to be seen. So how do teachers support children in this post-covid world?

Get practical ideas and activities so you can feel more confident in supporting the mental health and wellbeing of your primary school children.

Covering the 3 key areas of emotional, social and physical wellbeing - we'll explore ideas on how to build your children's confidence and resilience, develop healthy friendships, manage their mood, and what a healthy lifestyle looks like.

And it's perfectly aligned to help you deliver the new RSHE / PSHE curriculum.



Creating a truly Active School

Physical activity and wellbeing in primary schools has never been more important, but when teachers are already stretched to the limit, how can this be delivered effectively?

During this workshop, you will gain tonnes of practical ideas on how to get your children more active, not just in PE but across the entire school day.

We'll explore the impacts that physical activity has on a child's brain development, how to develop a positive mindset across your school, and how to introduce structured active play zones and break time activities.

Plus you'll learn 7 effective teaching methods that you and your colleagues can start using straight away in your classroom.



Teaching Pilates to primary aged children...

Few people realise that poor posture and lack of basic functional movements can affect learning and development in children - so how can Pilates help with this?

Led by Gaye Holmes, the country's leading expert on using Pilates with children, this workshop will uncover the benefits of using Pilates and how it can build the ABC's (agility, balance and coordination).

You will explore how Pilates can help children to build greater core strength and balance, and how this will benefit their academic performance.

Plus you'll take away quick and simple ideas on how to use Pilates with your children, either as part of your PE scheme, or as classroom-based activities.



Book your free CPD session today!

Contact Gaye Holmes - gaye@imoves.com or 0114 2661061