

Primary PE CPD course



Introduction

Sport Birmingham, in partnership with Complete P.E. are excited to offer up to 30 places for primary school PE teachers to take part in an exciting year-long professional development programme.

This high-quality CPD experience is designed to support teachers at every stage of their PE journey, offering practical ideas, specialist knowledge and fresh approaches they can apply directly in school. Through a series of engaging workshops, teachers will explore new ways to strengthen PE provision, increase pupil participation and enjoyment, creating more inclusive, active and inspiring lessons.

The programme will also offer valuable time to reflect on current practice, share ideas with other local teachers and build the confidence needed to deliver high-quality PE across the curriculum. Whether you are looking to refresh your lesson content, develop your subject knowledge or further embed physical activity within the school day, this programme offers a fantastic opportunity to learn, connect and make a lasting impact on pupils' experiences of PE.

Primary schools will have access to a series of face-to-face and online learning opportunities delivered by our expert partners, Complete P.E.

To find out more about our education work and priorities across the city please check out our website by clicking the link below:



What is Complete P.E.?

Complete P.E. is an interactive online planning and assessment resource designed to support high-quality teaching and learning across all areas of Physical Education for EYFS, KS1 and KS2. Written by qualified Primary Physical Education Teachers and PE Advisors, and developed over the past 11 years, the resource has been carefully created to make a meaningful impact in schools across the UK. Complete P.E. is also proud to work in partnership with the Youth Sport Trust, where it is recognised as one of their key partners, giving schools confidence that the resource is honest, genuine and supported by experts. Through structured and progressive sequences of learning, Complete P.E. embeds the physical, social, cognitive and emotional elements of learning across all key stages, with content that is aligned to support progression within each year group and throughout a child's education.

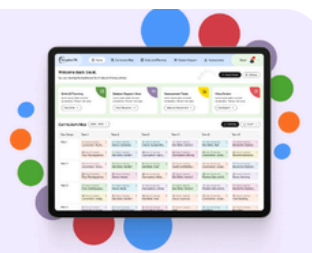
The platform helps schools to strengthen the quality of their PE provision, increase teachers' confidence in delivering the full Physical Education curriculum and ensure sustainable, ongoing CPD. Complete P.E. enables schools to track and evidence pupils' attainment, demonstrating development across physical, cognitive, social and emotional learning, while also supporting schools to meet the requirements of the Ofsted framework and the outcomes of the national curriculum.

Find out more about them here <https://www.completepe.com/what-is-complete-pe>

What is Complete PE?

Complete P.E. is an interactive Physical Education resource designed to support the implementation of a High Quality Physical Education Curriculum.

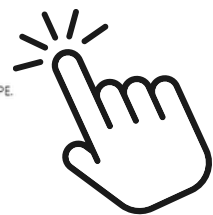
 Watch how it works



A Progressive Scheme of Work

We have units of work, covering all areas of the Physical Education National Curriculum for EYFS, KS1 and KS2, with transition units available to bridge the gaps into KS3.

- ✓ Create packages to suit your school's needs.
- ✓ Resources that 'Bring Learning to Life!'
- ✓ Ensure all teachers feel confident to enjoy teaching PE.



Why are we offering this course?

Over the last year, Sport Birmingham consulted with schools, teachers and pupils across Birmingham to better understand the challenges and opportunities facing local schools and community clubs. Feedback highlighted a clear message: teachers want more support, practical ideas and confidence to deliver high-quality PE in a changing school sport landscape, while pupils want lessons that are more creative, inclusive, active and fun.

This programme responds to those needs by giving teachers access to practical workshops, expert guidance and ready-to-use approaches that can be adapted for different pupils and school settings. By building teacher confidence and capability, this series of workshops aims to strengthen PE provision, increase pupil engagement and help every child enjoy positive, meaningful experiences of physical activity.

Who is this course for?

This course is focused on supporting primary school PE leads across schools in Birmingham. Those who need support when it comes to planning, delivering and assessing PE lessons. This is also suitable for PE leads who want to re-engage their pupils into PE lessons and extra-curricular activities.



Workshop timeline

To register your schools interest and book your space on the first session, please use the booking link here <https://forms.cloud.microsoft/e/HZwfsxVWsQ>

To see course content, please refer to pages 6 & 7



Workshop 1: Delivering High-Quality PE



Tuesday 13th October



King Edwards VI Aston Playing Fields.
79 Trinity Rd, Handsworth, Birmingham B6 6LS



9:30am-3:30pm



Workshop 2: Inclusive PE



Wednesday 20th January



King Edwards VI Aston Playing Fields.
79 Trinity Rd, Handsworth, Birmingham B6 6LS



9:30am-3:30pm



Workshop 3: Dance



Thursday 11th March



King Edwards VI Aston Playing Fields.
79 Trinity Rd, Handsworth, Birmingham B6 6LS



9:30am-3:30pm



Workshop 4: Gymnastics



Wednesday 21st April



Location TBC



9:30am-3:30pm



To follow...

Sport Birmingham will be hosting a network and feedback session post final workshop of the course. A collaborative event to reflect on the impact of the CPD, share learning and successes and provide feedback to inform future support and opportunities for schools.



Delivering High-Quality PE

Tuesday 13th October

A face-to-face workshop focused on one or multiple areas of learning. It will ensure all teachers:

- Explore what we mean by high quality Physical Education
- Gain valuable subject content knowledge
- Understand how to celebrate and assess all pupils
- Choose from a vast range of content; Locomotion, Ball skills, Games, Health and Wellbeing, OAA, Dance, Gymnastics, Athletics.

During the day, there will be a focus on a combination of workshops and practical training, to ensure all staff come away with the confidence to enjoy teaching Physical Education.

To sign up for this CPD course, please click here or scan the QR code!



Inclusive PE

Wednesday 20th January

Building on the wider themes of high-quality PE, the session will explore practical ways to adapt activities, equipment, space and teaching approaches to meet a range of needs across EYFS, KS1 and KS2. The Inclusive PE workshop will:

- Support teachers to adapt activities so every pupil can take part and make progress
- Build confidence in planning inclusive lessons across a range of PE topics and sports
- Help teachers understand how to create positive, safe and enjoyable PE experiences for all learners
- Share practical approaches that can be used immediately back in school



Dance

Thursday 11th May

Dance workshop will support staff to teach dynamic and engaging dance lessons that link to the curriculum. This dance CPD will support teachers to deliver engaging and creative dance lessons. It will cover delivering dance from Foundation through to Year 6.

The day of dance CPD will:

- Support all primary school teachers to feel confident to enjoy teaching dance
- Look at developing dance motifs through action vocabulary
- Focus on how to structure a high-quality dance lesson
- Look at specific topics and music choices that will engage every learner

Gymnastics

Wednesday 21st April

Gymnastics CPD will boost teacher's confidence when teaching gymnastics lessons. This CPD will be bespoke to each school and individual teacher, but the team of PE Advisors can offer 1-1 lesson support, including demonstration lessons. Teachers will gain valuable subject content knowledge and ideas for teaching high-quality gymnastics that they can utilise with their class.

The gymnastics CPD will:

- Focus on practical sequences of learning from EYFS to Year 6
- See how apparatus can be used to support learning
- Discuss ways to adapt tasks to meet the needs of every pupil

Networking and feedback

The networking and feedback event will bring partners and teachers together to reflect on the impact of the CPD programme, celebrate successes, share key learning, and explore how approaches have been applied in schools. Feedback from participants will help shape future support and opportunities for teachers and pupils.



How to get involved

To get involved in this CPD course, please sign up using the QR code below to sign up. When filling out the form you will also get chance to express interest in the other courses throughout the year. In the lead up to the other courses we will send out other invites to register your place.

To sign up for this CPD course, please click here or scan the QR code!



Criteria of participation

- As part of Sport Birmingham's commitment to supporting and raising standards of PE across the city, this workshop offer is completely FREE to access.
- We understand that you may not be able to attend every session, but we do ask that schools commit to attending a minimum of 2 face-to-face workshops throughout the year, as well as contributing to the evaluation and feedback of the workshop programme.
- By signing up to the workshops, your school commits to embedding the learning back into your setting and supporting the ongoing impact measurement of the programme. This will enable Sport Birmingham to develop our approach for the future.

Additional extras

- All course content is free
- You will be asked to complete a baseline assessment around confidence pre and post course.
- Provided with a professional development plan to keep track of progress.
- Provided with lunch and refreshments on course days
- Having access to PE advisors at all workshops
- Your school will have priority access to an additional Complete PE course targeted at upskilling TA's and support staff around school sport and physical activity.

We look forward to welcoming you on this CPD course!
If you have any further questions, please do not hesitate to contact us
on
schools@sportbirmingham.org
Lucy Pearson
Education Officer - Sport Birmingham

