



LEEDS BECKETT UNIVERSITY
CARNEGIE SCHOOL OF SPORT
CENTRE FOR CHILD AND ADOLESCENT
PHYSICAL LITERACY (CAPL)

PHYSICAL LITERACY IN SCHOOLS CONFERENCE

Promoting Children's Health and Happiness through
Movement, Sport and Physical Education

FRIDAY 23 MAY 2025, 09:00-16:30

PROGRAMME

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PHYSICAL LITERACY IN SCHOOLS CONFERENCE

Join the Centre for Child and Adolescent Physical Literacy (CAPL) at Leeds Beckett University to learn, share and discuss ways of supporting child and adolescent Physical Literacy ("our relationship with movement and physical activity throughout life") in schools.

DATE: FRIDAY 23 MAY 2025

TIME: 09:00-16:30

LOCATION: THE CARNEGIE SCHOOL OF SPORT BUILDING,
HEADINGLEY CAMPUS, LEEDS BECKETT UNIVERSITY (LS6 3QS)

TICKETS:

→ **STANDARD RATE:** £30

→ **STUDENT/BURSARY RATE:** £15

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Programme is subject to change

THE EVENT

Research has consistently shown how important childhood can be for developing a positive and meaningful relationship with movement and physical activity. We also know how pivotal the role of teachers, coaches and parents / guardians can be in nurturing these positive experiences. That said, concerns for children remain. Some are less active and unhealthier than ever before, whilst others are more involved in intensified and professional sport programmes.

This 1-day event will bring together leading researchers and practitioners working with and in schools to present, share and discuss ways of supporting child and adolescent Physical Literacy (“our relationship with movement and physical activity throughout life”). Through sharing stories and working collaboratively we hope to support and promote children’s health and happiness through movement, sport and physical education.



THE PROGRAMME

MORNING

9:00 **Registration and welcome** with refreshments

10:00 **Conference Welcome: Professor Kevin Till (Leeds Beckett University)**

10:15 **Session 1: Roundtable Discussion: Where are we and where are we going?**
with Chris Dossett (Chair of PADSIS), Kate Thornton-Bousfield (CEO AfPE), James Walker (Youth Sport Trust), Dr. Andy Daly Smith (Professor of Physical Activity and Child Health at University of Bradford)

11:30 **Session 2: Breakout Groups**

Breakout One – Supporting the Student-Athlete

What is it like to be a student-athlete? A multi-national holistic impact evaluation

with Dr. Ffion Thompson (Leeds Beckett University and Queen Ethelburga's Collegiate)

A day in the life of ... Understanding what it is like to be a student-athlete

with Dr. Fieke Rongen & Dr. Ella McLoughlin (Nottingham Trent University)

Performance profiling and fatigue monitoring in school populations: Key considerations and case study insights

with Tom Shaw (Leeds Beckett University, Hawkin Dynamics and Moulton College), Keira Heavey (Leeds Beckett University, Hawkin Dynamics and Queen Ethelburga's Collegiate) & Daniel Lenthall (Leeds Beckett University, Hawkin Dynamics and Queen Ethelburga's Collegiate)

Discussion/Question Time

Breakout Two – Physical Literacy for All

Process not product: A step-by-step guide to transform your PE curriculum using physical literacy as your central concept.

with Sam Gregory (Leeds Beckett University and The Grammar School at Leeds)

Enhancing opportunities for children by bridging the transition from movement to sport in key stage 3

with Dr. Tom Van Rossum (Leeds Beckett University) & Gavin O'Loughlin (Bishop Young Church of England Academy)

How do we get everyone to buy-in to physical literacy?

with Professor Dave Morley (Leeds Beckett University, La Trobe University and MET Sport Consultancy)

Discussion/Question Time

THE PROGRAMME

AFTERNOON

13:00 Lunch & Networking

13:45 **Session 3: The Role of PE in Physical Literacy: Contributions and Evolving Curriculum**
with Kate Thornton-Bousfield (CEO AfPE)

14:15 Transition to the Sport Arenas

14:30 **Session 4: Sport Arena Practicals**

Arena 1 Practicals

Cheer into Movement: A new take on Gymnastics and Dance for PE Teachers

with Charlotte Robinson-Heaton (YM Cheer and Dance School and Queen Ethelburga's Collegiate)

Physical literacy in action – Creating content that allows for holistic development

with Steve Waide (Leeds Beckett University and Beyond the Physical)

Arena 2 Practicals

Inspiring all to 'Love2Move': A practical demonstration to optimise movement competency outcomes of 9-12-year olds in your PE lessons.

with Sam Gregory (Leeds Beckett University and The Grammar School at Leeds)

Designing a movement literacy curriculum: Practical approaches and session development

with Dr. Ffion Thompson (Leeds Beckett University and Queen Ethelburga's Collegiate)

15:30 **Coffee & Cake**

15:50 **Session 5: Taking school context seriously. Enacting physical literacy in complex school contexts**
with Dr. David Cooke (Leeds Beckett University)

16:20 **Session 6: Getting involved with the centre of child and adolescent physical literacy**
with Professor Kevin Till (Leeds Beckett University)

16:30 **Conference Close**

KEYNOTE ROUNDTABLE DISCUSSION: WHERE ARE WE AND WHERE ARE WE GOING?

In this roundtable discussion, participants will give brief presentations sharing their perspectives on the current state and future direction of promoting children's health and happiness through movement, sport, and physical education in schools. This will be followed by a Q&A session and open discussion.

PANEL MEMBERS:



KATE THORNTON-BOUSFIELD

CEO of The Association for Physical Education, with extensive experience in teaching, curriculum development, and youth sport leadership.



JAMES WALKER

Strategic lead for secondary PE at Youth Sport Trust and qualified PE teachers with over 12 years experience as a head of PE



CHRIS DOSSETT

Chair of PADSIS and over 20 year experiences as a Director of Sport across multiple schools



DR. ANDY DALY SMITH

Professor of Physical Activity and Child Health at the University of Bradford and co-lead for the Centre for Applied Education Research

SUPPORTING THE STUDENT-ATHLETE

PRESENTERS AND TITLES

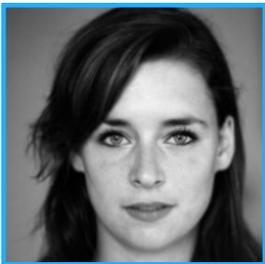


WHAT IS IT LIKE TO BE A STUDENT-ATHLETE? A MULTI-NATIONAL HOLISTIC IMPACT EVALUATION

DR. FFION THOMPSON

Post-doctoral researcher in youth athletic development and head strength and conditioning coach at Queen Ethelburga's school.

This session presents research findings from an extensive, cross-continental study involving student-athletes from Europe, Asia, New Zealand, South Africa, and Australia. The session will explore the complex demands faced by student-athletes aged 14-18 years (Year 10-13) as they balance sport with academic responsibilities. The research highlights the dual career assets of these young athletes and the positive and negative impacts of this balancing act on their physical/athletic performance, academic progress, psychosocial development, and psychological well-being.

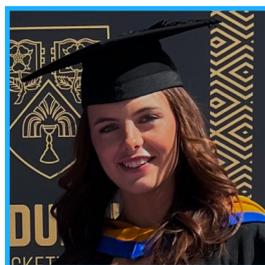


A DAY IN THE LIFE OF... UNDERSTANDING WHAT IT IS LIKE TO BE A SPORT-SCHOOL STUDENT-ATHLETE

DR. FIEKE RONGEN AND DR. ELLA MCLOUGHLIN

Fieke is a Senior lecturer in the Sport Science Department and Ella is a Lecturer in Sport and Exercise Psychology, both work at Nottingham Trent University.

The session will focus on sharing the findings from a research project exploring the day to day reality of being a sport-school student-athlete. For seven days, student-athletes at an independent sports friendly school completed daily audio diaries as well as a time tracking diary. The session will provide an insight the type of stressors and demands student-athletes face and how they spend their time. We will explore how student-athletes experience the demands place on them as well as how they cope with them.



PERFORMANCE PROFILING AND FATIGUE MONITORING IN SCHOOL POPULATIONS: KEY CONSIDERATIONS AND CASE STUDY INSIGHTS

TOM SHAW, KEIRA HEAVEY AND DANIEL LENTHALL

All speakers are current students at Leeds Beckett University. Tom is a PhD candidate, Lead Strength & Conditioning Coach at Moulton College, and a member of the Research and



Education Team at Hawkin Dynamics. Keira is undertaking an MRes in Sport and Exercise Science. She works as a Strength & Conditioning Coach at both Leeds Beckett University and Queen Elizabeth School. Daniel is also completing an MRes in Sport and Exercise Science. He serves as a Strength & Conditioning Coach for Leeds Rhinos and Queen Elizabeth School.

This session explores the impact of growth and maturation on strength and power development, assessed at three key time points throughout an academic year. Using the isometric mid-thigh pull (IMTP) and countermovement jump (CMJ) measurements, the study aims to profile athletes' strength and power characteristics, providing insights into how physical development influences performance metrics over time.

PHYSICAL LITERACY FOR ALL

PRESENTERS AND TITLES



PROCESS NOT PRODUCT: A STEP-BY-STEP GUIDE TO TRANSFORM YOUR PE CURRICULUM USING PHYSICAL LITERACY AS YOUR CENTRAL CONCEPT.

SAM GREGORY

Leeds Beckett University PhD student, qualified teacher and developer of the 'Love2Move' framework

This presentation offers a step-by-step guide to the transformation taken place at a large independent school who have transformed its PE curriculum using Physical Literacy. More specifically, this session will detail how a new PE program, 'Love2Move', was initially developed and successfully implemented within the school's new direction for PE.



ENHANCING OPPORTUNITIES FOR CHILDREN BY BRIDGING THE TRANSITION FROM MOVEMENT TO SPORT IN KEY STAGES 3.

DR. TOM VAN ROSSUM AND GAVIN O'LOUGHLIN

Tom is a Senior lecturer in PE and Sport Pedagogy at Leeds Beckett University and Gavin is the Head of PE at Bishop Young Church of England Academy.

This session will introduce Move 2 Sport, a movement-based resource co-produced with PE teachers to bridge the gap between movement and sport. Drawing on the experiences of both teachers and pupils, we will explore how Move 2 Sport supports the transition from primary to secondary PE while enriching learning opportunities. This session will highlight evidence-based practices for fostering more effective and engaging movement-based PE lessons and the positive impact this has on competence, confidence and motivation.



HOW DO WE GET EVERYONE TO BUY-IN TO PHYSICAL LITERACY?

PROFESSOR DAVE MORLEY

Dave is Sport Consulting at Leeds Beckett University, Director of MET Sport Consultancy and Adjunct Professor of Sport Coaching at La Trobe University.

Many countries have developed Physical Literacy (PL) consensus statements and incorporated them into national curricula, but the challenge now lies in implementing these policies. This session, led by Dave and colleagues, explores successful strategies for supporting practitioners in adopting a broader mindset, whether for coaches, parents, or PE teachers, to effectively promote and implement PL.

KEYNOTE PRESENTATION

THE IMPORTANCE OF THE RIGHT PHYSICAL EDUCATION IN A CHILD'S PHYSICAL LITERACY JOURNEY.

WITH KATE THORNTON-BOUSFIELD

Kate is the CEO of The Association for Physical Education, with previous experience as Head of Physical Education and Achievement at Youth Sport, Director of Specialism, and a PE teacher for 13 years across 4 secondary schools and 6 primary schools in the North West of England. A passionate and driven educator, she believes in providing every child with the opportunity to be their best, through a well-structured curriculum delivered by skilled and enthusiastic teachers. Kate is committed to the transformative power of physical education in shaping lives.

Her presentation explores the crucial role of well-structured physical education in developing a child's physical literacy. Drawing on her extensive experience as an educator and leader in youth sport, Kate will highlight how a well-structured curriculum, delivered by skilled and passionate teachers, can lay the foundation for a child's physical, cognitive, and social development. She will discuss best practices in PE, strategies for fostering inclusive and engaging learning environments, and the long-term impact of effective physical education on a child's overall well-being.



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PRACTICALS

WORKSHOPS



CHEER INTO MOVEMENT: A NEW TAKE ON GYMNASTICS AND DANCE FOR PE TEACHERS

CHARLOTTE ROBINSON-HEATON

A director at YM Cheer and Dance School and dance and gymnastics coach at Queen Ethelburga's Collegiate

Cheerleading is an inclusive and accessible sport that offers a fresh, high-energy approach to physical education. Recently recognised by the Olympic Committee, it blends elements of dance, gymnastics, and creative movement to develop agility, coordination, and teamwork. This practical session will involve learning basic cheerleading motions, jumps, and simple stunts, as well as engaging in short choreographed routines. Participants will explore how to teach these skills safely and adapt them to suit a range of abilities, making the session ideal for both PE specialists and generalist teachers. By introducing creative and expressive movement patterns often overlooked in traditional games-based PE, cheerleading fosters physical literacy, student confidence, and a strong sense of group cohesion in a supportive, inclusive environment.



PHYSICAL LITERACY IN ACTION - CREATING CONTENT THAT ALLOWS FOR HOLISTIC DEVELOPMENT

STEVE WAIDE

The Co-founder of Beyond the Physical, qualified teacher and senior consultant

This workshop will explore how we can ensure simple activities can develop skills beyond the physical. We will discuss the importance of creating activities and games that ensure pupils can be successful across our 'move - solve - connect' approach.



INSPIRING ALL TO 'LOVE2MOVE': A PRACTICAL DEMONSTRATION TO OPTIMISE MOVEMENT COMPETENCY OUTCOMES OF 9-12-YEAR OLDS IN YOUR PE LESSONS

SAM GREGORY

PhD student at Leeds Beckett University, qualified teacher and developer of the 'Love2Move' framework

This practical demonstration will immerse you in a Love2Move lesson that is designed for Year 5, 6 and 7 pupils. The practical session will talk through the framework and the use of a mastery environment as its pedagogical underpinning to optimise movement competency outcomes. Make sure you bring your trainers and a willingness to participate in the session!



DESIGNING A MOVEMENT LITERACY CURRICULUM: PRACTICAL APPROACHES AND SESSION DEVELOPMENT

DR. FFION THOMPSON

Post-doctoral researcher in youth athletic development and head strength and conditioning coach at Queen Ethelburga's school.

In this practical session, participants will explore how to design an effective movement literacy curriculum and create engaging, age-appropriate sessions. Through practical examples, they will learn to incorporate key movement concepts, skills, and progressions into a structured curriculum that enhances athletic motor skills and builds confidence in a fun and engaging way, fostering creativity, coordination, and motor development.

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KEYNOTE PRESENTATION

TAKING SCHOOL CONTEXT SERIOUSLY. ENACTING PHYSICAL LITERACY IN COMPLEX SCHOOL CONTEXTS.

WITH DR. DAVID COOKE

David is the director of Physical Education courses and leads the Centre for Child and Adolescent Physical Literacy, focusing on the future of Physical Literacy through policy, research, and practice. His PhD explored variations in PE policy and practice across different school contexts. David collaborates with organisations like The Association for Physical Education, Sport England, The Youth Sport Trust, and Leeds Well Schools Partnership.

His presentation seeks to understand the influence of school context on attempts to create real and lasting change. In essence, how do schools and teachers enact Physical Literacy for the specific needs of their pupils?



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THE FAQ'S

What are the nearest transport links?

Leeds railway station and Leeds Bradford airport are easily accessible by taxi.

If I drive, where can I park?

There is a pay and display car park situated on campus, at the Church Wood Avenue entrance. Parking is 80p per hour (Monday to Friday between 07:00 and 16:00 and free after 16:00). The postcode for Headingley Campus is LS6 3QS (For Sat Nav LS16 5LF)

Will there be food and refreshments?

Yes – refreshments on arrival, lunch and a mid-afternoon snack will be provided for all attendees.

Is the conference being recorded?

Talks will be recorded and shared with attendees, alongside presentation slides.

Are there any discounts?

Normal admission tickets are available at £30. Student/Bursary tickets are available at £15. We've worked hard to keep costs as low as possible, making our current pricing the most affordable option we can offer.

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