



CPD WITH AVSSSP 2025/26

Amber Valley

SSSP
School Sport
Partnership



CPD WITH AVSSP 2025/26



At Amber Valley School Sport Partnership we are passionate about providing the best PE, School Sport and Physical Activity opportunities for all children and young people. We also recognise that CPD is essential for any school's provision for their staff.

Physical Education is such an important subject that teaches essential life skills such as resilience, competition & discipline. With the recent physical literacy consensus statement stating “Physical literacy is our relationship with movement and physical activity throughout life” there is now a bigger focus than ever to provide impactful physical activity through targeted, fun, inclusive opportunities for our pupils within school time.

Over the next few pages there are a variety of opportunities which will further develop your staff's knowledge and confidence around PE, School Sport & Physical Activity. Whether that be an INSET day, Further Education or more specific staff training for a meeting or a Twilight session.

We pride ourselves on delivering high quality, informative sessions through working alongside 70+ Infant, Junior, Primary & Secondary schools over the last 18 years. We have a team of staff with well over 100 years combined experience in Primary PE & School Sport. Continually keeping on top of national developments within our sector and work alongside national organisations such as AfPE (Association of PE), Sport England, Youth Sport Trust, Leadership Skills Foundation.

If you are interested in booking any of the INSET day, Further Education or CPD training packages or have any questions or queries, please contact Adam White adam@avssp.co.uk.



INSET DAY



We offer Bronze, Silver and Gold INSET Day packages that can take place over a half or full day.

All models of CPD are a sustainable use of your Sport Premium funding and align with the PE & Sport Premium indicator: *Increase confidence, knowledge and skills of all staff in teaching PE and sport, for example by providing staff with professional development, mentoring, training and resources to help them teach PE and sport more effectively to all pupils, and embed physical activity across your school*



HALF DAY INSET

BRONZE OPTION 1



Half Day INSET in PE Subject Insight **OR** PE Delivery Training.

Physical Education Subject Insight: looking at all aspects of PE, School Sport & Physical Activity giving your staff a wider understanding of the subject, including:

- National Curriculum aims and expectations
- Planning/Assessment
- Adaptive Learning
- 3 Pillars of progression
- Intervention ideas
- How to be a more Active School



PE Delivery Training: A practically based session that will look at the pedagogy of how deliver different topics such as

- Invasion Games
- Net & Wall
- Striking & Fielding
- Gymnastics/Dance.
- How to Implement Do/Think/Feel learning objectives

APPROPRIATE FOR

Key Stage 1 & Key Stage 2 Teaching Staff & TA's who have a responsibility of teaching or supporting curriculum PE.

WE WOULD NEED

Access to the school hall OR a classroom for PE Insight.

Access to outdoor space or school hall for PE Delivery Training.

£250



HALF DAY INSET

BRONZE OPTION 2



Half Day during Term Time

- Opportunity for your staff to observe 2 High Quality PE lessons using children from your school.
- Look at the implementation of PE lesson planning
- Followed by a Staff Meeting recapping the lessons looking at what a high-quality PE lesson looks like and an opportunity for Q&A.



APPROPRIATE FOR

Key Stage 1 or Key Stage 2 Teaching Staff & TA's who have a responsibility of teaching or supporting curriculum PE.

WE WOULD NEED

Access to two student groups for PE Practical Delivery either in School Hall or Outside.
Space provided for staff meeting (School Hall/Classroom).

£250

FULL DAY INSET

SILVER OPTION



Morning Physical Education Subject Insight:

A look at all aspects of PE, School Sport & Physical Activity giving your staff a wider understanding of the subject including:

- National Curriculum aims and expectations
- Planning/Assessment
- Adaptive Learning
- 3 Pillars of progression
- Intervention ideas
- How to be an Active School



Afternoon PE Delivery Training:

A practically based session that will look at the pedagogy of how deliver different topics such as

- Invasion Games
- Net & Wall
- Striking & Fielding
- Gymnastics/Dance.
- How to Implement Do/Think/Feel learning objectives

This will also include a school visit to review the session later in the year with PE Coordinator, member of SLT or both.



APPROPRIATE FOR

Key Stage 1 & Key Stage 2 Teaching Staff & TA's who have a responsibility of teaching or supporting curriculum PE

WE WOULD NEED

Access to the school hall OR a classroom for PE Subject Insight
Access to outdoor space or school hall for PE Delivery Training.

£500

FULL DAY INSET

GOLD OPTION



Morning Session: Physical Education Subject Insight: looking at all aspects of PE, School Sport & Physical Activity giving your staff a wider understanding of the subject including:

- National Curriculum aims and expectations
- Planning/Assessment
- Adaptive Learning
- 3 Pillars of progression
- Intervention ideas
- How to be an Active School



Afternoon Session: PE Delivery Training: A practically based session that will look at the pedagogy of how to deliver different topics such as

- Invasion Games
- Net & Wall
- Striking & Fielding
- Gymnastics/Dance.
- How to Implement Do/Think/Feel learning objectives

This also includes:

- Two school visits with PE Coordinator, member of SLT or both. Reviewing the impact of the session and other areas of improvement.
- Up to 6 Observations of your staff with full verbal and written feedback.



APPROPRIATE FOR

Key Stage 1 & Key Stage 2 Teaching Staff & TA's who have a responsibility of teaching or supporting curriculum PE

WE WOULD NEED

Access to the school hall OR a classroom for PE Subject Insight
Access to outdoor space or school hall for PE Delivery Training.

£1000



FURTHER EDUCATION



Our Further Education Programme is focussed on delivering nationally recognised qualifications through Leadership Skills Foundation (Previously Sports Leaders UK)

All models of CPD are a sustainable use of your Sport Premium funding and align with the PE Sport Premium indicator: *Increase confidence, knowledge and skills of all staff in teaching PE and sport, for example by providing staff with professional development, mentoring, training and resources to help them teach PE and sport more effectively to all pupils, and embed physical activity across your school*



Level 3 Certificate in Supporting the Delivery of Physical Education, School Sport and Physical Activity



CONTENT:

Delegates completing the course will build and develop skills and confidence to support the delivery of PE, School Sport & Physical Activity (PESSPA) within a Primary school. This will be done through planning, delivering and reviewing high quality programmes. Looking at the following areas:

- Understanding schools and the principles of teaching PESSPA
- Safeguard children and young people in PESSPA
- Maintain health and safety of pupils in PESSPA
- Support children to develop through PESSPA, relative to their. expected development.
- Advocate the benefits of PESSPA for pupils
- Implement diversity and inclusion principles in PESSPA
- Support assessment for learning in PE
- Plan, deliver and review a PESSPA unit of learning.

£250



APPROPRIATE FOR

- Teachers looking for experience in subject area
- HLTA's or Teaching Assistants
- Coaches

WHEN & WHERE

The qualification will run over 5 sessions throughout the academic year and will be a mix of theory & practical elements. We aim to deliver a lot of the sessions in schools that give the candidates on the ground practical examples of each unit.

Level 5 Certificate in Primary School Physical Education



CONTENT:

This nationally recognised qualification is an ideal opportunity for your PE coordinator, HLTA or staff with a responsibility for PE to receive high quality training in how to enhance your PE curriculum in school through the following areas:

- Understanding Primary school Physical Education
- Principles of pedagogy in Primary school Physical Education
- Planning for continuity and progression in Primary school Physical Education
- Using assessment to impact learning and progress in Primary school Physical Education
- Teaching Primary school Physical Education



£1070

“The course has made me reflect and evaluate the current teaching and learning practices we use in PE. As PE lead, I wanted to improve the overall leadership and management of PE, to empower and upskill staff in their delivery of PE. The course has allowed me to strengthen my subject even further and to mentor and support staff, it has been engaging with a good balance of practical and theoretical sessions which allowed me to observe AVSSP staff during PE and to share good practice with other staff from other schools.” **Jo Reed PE Lead William Gilbert Endowed Primary School**

APPROPRIATE FOR

- PE Coordinator
- HLTA (Responsible for PE)
- Experienced Sports Coach (Responsible for PE)

WHEN & WHERE

The course will run throughout the academic year and is made up of a minimum of 6 full day sessions that investigate a range of aspects of primary school PE & Sport. We deliver a lot of the sessions in schools that give the candidates on the ground practical examples of each unit.



IN HOUSE CPD TRAINING



A range of training opportunities that can be tailored to your school either as staff meetings or twilight sessions.

All models of CPD are a sustainable use of your Sport Premium funding and align with the PE Sport Premium indicator: *Increase confidence, knowledge and skills of all staff in teaching PE and sport, for example by providing staff with professional development, mentoring, training and resources to help them teach PE and sport more effectively to all pupils, and embed physical activity across your school*

(If two or more of these sessions are booked at the same time then a discount will be applied)

MIDDAY SUPERVISOR TRAINING



Three-hour training session working alongside your team of midday supervisors we'll explore how to manage, motivate and engage students at lunchtime.

Taking place during a school day we'll examine your current practices, look to improve playground layout and introduce games, activities and resources utilising existing equipment or make recommendations on what to alter.



AIMED AT

Staff responsible for the playground at lunchtimes.

WE WOULD NEED

Access to outdoor space or school hall (weather dependent).

Access to equipment used for lunchtimes.

£150

POSITIVE EXPERIENCES AT BREAK AND LUNCHTIMES THROUGH POSITIVE PLAY (Staff)



Staff Meeting/Twilight session that looks at methods to help children make better choices and interact more coherently during break and lunchtimes to introduce a culture of respect, conflict resolution and a positive mind-set.

Make your class & school into one big team where children interact with each other more and learn more about themselves and others.

Resource provided.



AIMED AT

Class Teachers

WE WOULD NEED

Classroom

£150



POSITIVE EXPERIENCES AT BREAK AND LUNCHTIMES THROUGH POSITIVE PLAY (Pupils)

Go straight to the source in these 45/60-minute classroom-based session. Working with each class to instil respect, positive attitudes, sportsmanship and conflict resolution culture.

Look at methods to help children make better choices and interact more coherently during break and lunchtimes to introduce a culture of respect, conflict resolution and positive mind-sets. Will link to school values and beliefs to ensure children see the benefits of working and communicating better together.



AIMED AT

Key Stage 2

WE WOULD NEED

Classroom & access to multiple classes

Half Day £150
Full Day £250

PHYSICAL LITERACY



Twilight session will focus on the physical development and motor skills in KS1 & KS2 pupils with the aim of improving core stability to impact upon concentration, handwriting and eventually academic attainment.

We will look at:

- What is Physical Literacy
- Who to target
- How to run an intervention or implement into your school
- Physical Literacy Resource and how to use it.
- Wider concept of Physical Literacy as a structure for child development

Resource will be provided.



AIMED AT

Teachers
TA's
Sports Coaches

WE WOULD NEED

Access to School Hall

£150

SPECIFIC SPORT



Twilight session that will build structure, confidence & ideas on how to deliver a specific sport or activity. This can be tailored for KS1 or KS2 - sports available include:

- Invasion Games (football, basketball, netball, tag rugby, handball)
- Tennis
- Cricket
- Rounders
- Dodgeball



AIMED AT

Teachers
TA's
Sports Coaches

WE WOULD NEED

Access to Outdoor area or School Hall

£150

GYMNASTICS



Twilight session aiming to build confidence and understanding in the different elements of gymnastics teaching. Including:

- Balance
- Body Control/Shapes
- Jumps
- Rolls
- Sequencing
- Travel

Session will be delivered using Gymnastics lesson planning and will show staff how to safely use and maximise space and/or apparatus within your school



AIMED AT

Teachers

TA's responsible for supporting PE
Sports Coaches

WE WOULD NEED

Access to School Hall
Gym Equipment

£150

DANCE



Twilight session looking at how to deliver effective Dance lessons, based on AVSSP's new dance lesson planning.

How to engage the disengaged and how to stretch and push our high ability learners within the structure of Dance lessons.

How to adapt sessions to fit a variety of themes and music and transferable skills/ideas.

Workshop and lesson planning is designed to be easy to use for non-Dance specialists



AIMED AT

Teachers

TA's responsible for supporting PE
Sports Coaches

WE WOULD NEED

Access to School Hall

£150