**All of the CPD shown below is open to any school across the Tees Valley. If you require any further information about any of the CPD offers, sign up details are given with a relevant contact.**

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| Date | Title | Aims | Aimed at | Time | Venue | Tutor | Contact If Interested | Cost  |
| 11th Jan 2023 | Tees Valley PE Conference | This bi-annual conference is a great opportunity to hear a national update on PE & Sport; network with colleagues from across the Tees Valley and access a variety of workshops designed to support the delivery of high quality PESSPA. | 1 x PE subject Leader & 1 x Headteacher | 09:00-15:30 | Middlesbrough Football Club  |  | Booking goes live 2nd Nov  | See SGO/SSP |
| 18th Jan 2023 | Bee Netball | This course will outline the rules of the game, show delegates how to teach the skills needed to take part and give staff the knowledge and understanding how to improve their children’s’ ability levels, offering key tips to prepare your children to compete. | Staff / Coaches preparing the teams | 4-6pm | Grangetown Primary School | RESSP | info@ressp.co.uk | £30 per person to RESSP Schools & £50 to others |
| 19th Jan 2023 | Early Years & Foundation Stage PE | In Early Years, pupils need to develop a good level of fundamental movement skills which are basic movement patterns which are not learned naturally. They include locomotor skills, stability skills and manipulation skills which are best developed between the ages of 3 and 8 years. The curriculum should include progression from these simple movements to more complex movements. This course will outline the why, what and how to teach these skills.  | EYFS Staff | 4-6pm | Grangetown Primary School | RESSP | info@ressp.co.uk | £30 per person to RESSP Schools & £50 to others |
| 20th Jan | Active Moments | How to provide a fun and stimulating 30 active minutes over the course of the day to energise the children and enable them to keep focused longer during their lessons.  | Any school staff | 4-5pm | Virtual | Nic Jefferson | Lead-Inclusion@khs.rac.sch.uk | £10 per person – all schools |
| 26th Jan 2023 | Motor Activity Training Programme (MATP) | MATP training is a motor activity training programme aimed for children with profound and multiple learning difficulties and children with limited movement. This is an amazing insight on how to achieve big achievements for children with PMLD and how to celebrate these as a school. This really inspired me and is something we are implementing and working on in our school. | Any School Staff working with PMLD and CLDD learners | 4 - 5 | Kirkleatham Hall School | Nic Jefferson | Lead-Inclusion@khs.rac.sch.uk | £10 per person – all schools |
| 1st Feb 2023 | Teaching Primary Dance With Confidence | * Explore the key areas of teaching dance
* Learn how to find the beat and phrase in the music
* Learn how to build a theme using the 6 principles of dance
* Create performances using simple movements and ideas
 | Primary staff | 1-3.30pm | Herlingshaw Centre | I Moves | t.raynor@tees.ac.uk | FREE |
| 9th Feb 2023 | FUNdamentals Course | Modern society is characterised by people becoming more sedentary, led by technology and with seemingly limited leisure and recreation time. It is essential for child development that children learn how to move, move more, and move more efficiently and effectively. This course will introduce delegates to the FUNdamentals model so that delegates understand what the essential building blocks are for a child to move well and how to teach this. | All Primary Staff | 4-6pm | Grangetown Primary School | RESSP | info@ressp.co.uk | £30 per person to RESSP Schools & £50 to others |
| 10th Feb 2023 | Active learning - Teach Active | As more schools join the mission to become an active school and/or begin to introduce the ‘Creating Active Schools Framework’, we explore the role physical activity has to play.This workshop will focus on incorporating physical activity into Maths and English lessons to increase physical activity, whilst also improving standards in these core subjects.Aimed at SLT/Maths & English Leads & PE Leads | Primary | 09:30-12:00 | River Tees Water Sports Centre | Teach Active | <https://www.eventbrite.co.uk/e/active-learning-tickets-412034655747> | Free |
| 7th March 2023 | Ready Set Ride | This course will give the delegates the tools to deliver learn to ride activities within their school. This includes activities to prepare children to ride, learning to ride a balance bike and how to get started on pedals. Delegates attending this course will receive a Ready Set Ride resource pack. | EYFS Staff | 1-4pm | TBC | RESSP | info@ressp.co.uk | £50 per person to RESSP Schools & £70 to others |
| 15th March | Supporting mental health and well-being within school | The course will explore:* Wellbeing and mental health in education settings
* Exploring some of the ways staff can support children’s mental health
* Looking after staff’s own mental health and wellbeing
* Identifying key indicators, behaviours and responses of mental health
 | All staff | 3.30-4.30pm | Virtual | Tracy Raynor | t.raynor@tees.ac.uk | Free |
| 16th March | Sportsability Course | This resource will enable you to * Understand the background of the resource and the need for it.​
* Understand what meaningful inclusion in physical activity, PE and school sport looks like.​
* Understand how to access this online resource and show others how to access it too.​

Understand how to use the resource to support the planning and delivery of inclusive physical activity, PE and school sport. | Any School Staff | 3.45-6pm | TBC | Nic Jefferson  | Inclusion@khs.rac.sch.uk | £10 per person – all schools |
| 22nd March 2023 | Outdoor & Adventurous Activity | Outdoor and Adventurous Activities (OAA) is part of the Key Stage 2 curriculum. This involves Decision making skills, thinking skills and teamwork skills. This course will give ideas of how to teach these skills in a primary school. Delegates attending will receive a FREE resource pack. | Key Stage 2 Staff | 4-6pm | Grangetown Primary School | RESSP | info@ressp.co.uk | £30 per person to RESSP Schools & £50 to others |
| 29th March 2023 | Dynamo Cricket | This course will outline the rules of the game, show delegates how to teach the skills needed to take part and give staff the knowledge and understanding how to improve their children’s’ ability levels, offering key tips to prepare your children to compete. | Staff / Coaches preparing the teams | 4-6pm | Grangetown Primary School | RESSP | info@ressp.co.uk | £30 per person to RESSP Schools & £50 to others |
| 26th April 2023 | Striking & Fielding Games | Striking and Fielding Games are games played with a batting and a fielding team such as Rounders, Cricket, Baseball. Children in Key Stage 2 will learn skills linked to striking and fielding games in curriculum PE. This course will outline the skills needed and give ideas of how to teach striking and fielding skills. Delegates attending will receive a FREE resource pack. | Key Stage 2 Staff | 4-6pm | Grangetown Primary School | RESSP | info@ressp.co.uk | £30 per person to RESSP Schools & £50 to others |
| 4th May 2023 | Identifying and Developing Talented Children | The aims of the course are:* Identify fundamental movement skills
* What does ‘talent’ look like?
* How to ensure your school supports talented athletes
* Where to signpost talent
 | Primary staff | 3.30-4.30pm | Virtual | Mark Dobinson | m.dobinson@tees.ac.uk | Free |
| 10th May 2023 | Teaching Pilates To Primary Aged Children | * This workshop will uncover the benefits of using pilates and how it can build the ABC’s(agility, balance and coordination).
* Explore how Pilates can help children to build greater core strength and balance.
* Explore how improved core strength can benefit their academic performance.
 | Primary staff | 1-3.30pm | Herlingshaw Centre | IMoves | t.raynor@tees.ac.uk | FREE |
| 17th May 2023 | Athletic Activity | Athletics is part of the Key stage 2 national curriculum. Athletic activity is age-appropriate events, and all are based around RJT (Running, Jumping and Throwing). This course will outline the skills needed in Key stage 2 athletics and give ideas how to develop these skills. Delegates attending will receive a FREE resource pack. | Key Stage 2 Staff | 4-6pm | Grangetown Primary School | RESSP | info@ressp.co.uk | £30 per person to RESSP Schools & £50 to others |
| 20th June 2023 | Curriculum Planning | This is a theory-based course aimed at Subject Leaders. The course tutor will take delegates through a stage-by-stage process of compiling a long-term plan for curriculum PE for the whole school. This process links to the three I’s: Intent, Implementation, and Impact. The course will also cover progression of skills across the year groups. | PE Subject Leaders | 4-6pm | Grangetown Primary School | RESSP | info@ressp.co.uk | £30 per person to RESSP Schools & £80 to others |

Please Note:

* All schools across Tees Valley are welcome to book onto any CPD. Please contact the relevant person stated to book your place.
* All RESSP courses have a cancellation charge attached to them. This will take effect for cancelling within one week of the course date or not attending the course. The cost will be either £30 or the full cost of the course, whichever is greater.