

Introductory episode

July 2021

Transcript

Speaker: Kate Stephenson

Music playing: Success by Marble Sound (Adobe Stock)

Hello and welcome to a new series of podcasts with me Kate Stephenson, Education Development Advisor for Education Durham, I am the County Physical Education specialist and I hope to re-invigorate your thinking or indeed hook you in to some key messages and current issues. Join me and my guests half termly across the academic year as we discuss all things Physical Education, School Sport and Physical Activity (PESSPA) including research, theory and current practice connecting to the education, health wellbeing and personal development of children and young people.

We hope to use this podcast platform to further raise the profile of effective PESSPA (Physical Education, School Sport and Physical Activity) in our schools and inspire colleagues to share insight and best practice; be that strategic developments, pedagogical approaches or useful perceptions and insight.

Our aim is to inspire and inform in a friendly and purposeful manner, to connect with you in a way that is relatable to the context of your work, celebrate effective practice, build deeper understanding and hopefully stimulate thoughts to in-act strategic positive change to the benefit of children and young people.

There are a plethora of positive pupil outcomes from effective and high quality physical education delivery in particular and in having an embedded physical active school curriculum. I hope that our series of podcasts will highlight those, especially during this time of covid recovery and the huge importance of nurturing and strengthening our physical, mental health and wellbeing.

Guest this year in the podcast include the chair of the association of Physical Education, the inspiring Sue Wilkinson, talking about high quality PE and the legacy impact of a strategic spend of the Primary PE and School Sport Premium, colleagues from County Durham sport and School Games will be highlighting the importance of an embedded and layered competitive sport framework and also redefining and exemplifying what healthy competition looks and feels like for children and young people. Guests from Public Health and our Active 30 Durham partnership will be reminding us of those chief medical officers recommendations for 60 minutes of moderate to physical activity each day, 30 plus minutes in school and supporting parents and carers at home. I'll be talking with them

about how we can embed a strategic and whole school approach to achieving those aims, being an active school and community.

Other guests will include sport England, swim England and a few more lovely surprise guests that I look forward to introducing you to along the way. We value your contribution too so, do subscribe, keep listening and get in touch.

The podcast series is aimed at primary and secondary teaching colleagues and those working with children and young people in schools and settings but an audience broadening into family and community is most welcome. You will find the podcast titled Physical activity and well-being in education at the Education Durham portal on the Durham Commercial Services website. I shall be sending the direct link to help you find your way to some of our colleagues.

I look forward to you joining us for our first full podcast in September. So keep active, stay healthy and I shall have you listening to me soon.

End of audio.