

Secondary School >>> Middle Leaders Programme



Together
an Active
Future
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Creating inspiring and engaging learning environments through whole school approaches to physical activity.

Our Active Secondary School Leadership Programme is a first-of-its-kind professional development opportunity, designed to support senior and middle leaders to embed a sustainable, whole-school approach to physical activity that enhances learning, behaviour, engagement, and wellbeing. The programme moves beyond isolated initiatives, supporting leaders to influence school systems, culture and policy at school level.

The programme is fully funded and is part of Together an Active Future's (TaAF) work to tackle physical inactivity, health inequalities and increase levels of physical activity in our young people. Read more about us at taaf.co.uk

Working as a small change team, schools will explore how they can embed movement and physical activity into part of every school day through the reimagining of their PE, School Sport and Physical Activity offer and developing imaginative, engaging and active pedagogy across school.

Active Enrichment

Developing an Active Curriculum

Parental & Community Engagement

Active Travel



Date & Venue	Who is it for?	Content
Thurs 24 th Sept 9am - 3.30pm --- Impact Conference Centre, Burnley	Senior Leaders Subject Leaders Existing & Aspiring PE Leaders	Building an Active School Culture Session 1 - Foundations for Whole-School Change An introduction to the programme, key frameworks, and tools to help schools assess current practice and set priorities for improvement.
Tues 10 th Nov 9am - 3.30pm --- Lodge House, Burnley	Subject Leaders	Enactive Practice Session 1 - Making Learning Matter This session explores enactive and engaging pedagogy, focusing on “botheredness” and what it means for educators to truly care about their subject and students. Participants consider how to move beyond passive teaching towards immersive approaches that encourage learners to think, feel, and actively engage.
Fri 13 th Nov 9am - 3.30pm --- Impact Conference Centre, Burnley	Existing & Aspiring PE Leaders	Reimagining PESSPA Session 1 - High Quality PE This session examines what high-quality Physical Education looks like within an active school, focusing on physical literacy, wellbeing, and engagement. Participants evaluate effective teaching practices, reflect on their provision, and align their curriculum to promote lifelong participation in physical activity.
Fri 4 th Dec 9am - 12.30pm --- Impact Conference Centre, Burnley	Senior Leaders Subject Leaders Existing & Aspiring PE Leaders	Building an Active School Culture Session 2 - Aligning Priorities and Planning for Change Explore how an active school culture supports wider school priorities, intersects with the Ofsted Framework and develop a strategic, whole-school action plan.
Wed 13 th Jan 9am - 3.30pm --- Impact Conference Centre, Burnley	Existing & Aspiring PE Leaders	Reimagining PESSPA Session 2 - Curriculum Design and Innovation This session supports leaders in reviewing and shaping a clear, pupil-centred PE curriculum with a focus on the key components of physical literacy. It explores innovative, models-based approaches and how strong curriculum design underpins an active school ethos.
Thurs 14 th Jan 9am - 3.30pm --- Lodge House, Burnley	Subject Leaders	Enactive Practice Session 2 - Lived Knowledge in Classroom Spaces and Beyond This session examines how active pedagogy can be applied across all subjects to create a culture where thinking, doing, and feeling are interconnected. It introduces practical strategies such as storytelling, real-world contexts, and the “warm demander” approach to foster engagement, challenge, and strong relationships.



Date & Venue	Who is it for?	Content
Fri 12 th March 9am - 3.30pm --- Impact Conference Centre, Burnley	Senior Leaders Subject Leaders Existing & Aspiring PE Leaders	Building an Active School Culture Session 3 - Fearless Leadership Develop leadership approaches that build strong relationships, resilience, and excellence to create and sustain meaningful change.
Thurs 13 th May 9am - 3.30pm --- Lodge House, Burnley	Subject Leaders	Enactive Practice Session 3 - Relevance, Context, Research and Next Steps This session brings together key principles of enactive pedagogy, helping participants apply research-informed ideas to classroom practice. It focuses on purposeful next steps, supporting educators to embed active, meaningful learning that promotes engagement, joy, and motivation.
Fri 21 st May 9am - 12.30pm --- Impact Conference Centre, Burnley	Senior Leaders Subject Leaders Existing & Aspiring PE Leaders	Building an Active School Culture Session 4 - Systems Leadership, Implementation and Influencing Change Revisit your strategic action plan and Active Schools journey, strengthening a whole-school approach while using Clifton Strengths to understand your team, enhance collaboration, and drive sustainable change.
Thurs 10 th June 9am - 3.30pm --- Impact Conference Centre, Burnley	Existing & Aspiring PE Leaders	Reimagining PESSPA Session 3 - The New Physical Education Curriculum This session outlines the key priorities of the new PE curriculum and supports departments in preparing for effective implementation. Participants explore adapting provision and developing movement-based enrichment to enhance pupil engagement and participation
Fri 25 th June 12pm - 3.30pm --- Prairie Sports Village, Burnley	Senior Leaders Subject Leaders Existing & Aspiring PE Leaders	Building an Active School Culture Session 5 - Sharing Success and Next Steps Celebrate progress, share impact stories, and plan the next phase of your Active School Culture journey.

What will the programme include?

A diary of in-person professional learning and development days across the academic year

Expertly facilitated high quality learning workshops

'Fearless Leadership' and 360 leadership assessments

Sharing, connecting and collaborating with other schools

Access to a strength-based assessment tool (Clifton Strengths) and the opportunity to explore how you can maximise your strengths through one to one coaching sessions with a certified coach

One to one team support with a named lead Funding to release staff to participate (£6000 per school)

Support to create learning and evidence portfolio's, through our research and insight associates



For more information contact Helen Newman at:

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Phone: 07854 350748

Or read our [webpage here](#)

Impact for School Leaders

- Developing leadership skills and feeling more confident and competent to lead change in their school.
- Awareness of their unique strengths and leadership qualities and how they can use these to become an effective leader.
- Understanding whole school approaches and how whole system change leads to long term and sustained behaviour change.

"The middle leaders programme has been without doubt the most value CPD I have been on. Learning and sharing with other like-minded people, all being driven by the same goals has been really beneficial. It has given me the confidence and drive to apply for a position on SLT. This will give me further scope to influence change across more schools." **Martin Parkes, All Saints High School**

Impact for Schools

- Schools make lasting and sustainable change to their existing practices and policies which result in more young people becoming physically active.
- Improved pupil engagement, behaviour, and learning experiences.
- More inclusive, engaging classroom practice.
- Increased staff confidence, leadership capacity, and progression.

Impact for Young People

- Young people are engaged and immersed in learning.
- Young people are healthier, happier and more active!
- Young people are accessing a varied enrichment offer.



What we ask of you:

- To work with us until December 2027.
- To identify a minimum of three members of your workforce to lead across this work: 1 PE Teacher/PE Lead, 1 Senior Lead. 1 Subject Lead.
- In person participation - A commitment to attend all learning sessions as detailed on page 2/3.
- A commitment to complete the strengths assessment and 360 leadership self-assessment.
- Creation of an action plan and implementation of a project that will strive to create a positive whole school physical activity culture and increase activity and participation levels.
- A commitment to support the evaluation of the programme through evidence gathering, contributing to learning portfolio's and sharing learning across various networks.

What else you should know

Schools will receive a payment of £6000.

This should be used to protect the time and space and cover costs to allow in person participation, to attend all workshop dates and lead on this piece of work in school. This will be split into three payments of £2000 per term.