

CONFERENCE AGENDA

Physical Literacy in the Early Years

Wednesday 11 February 2026, 9:30am - 4:00pm

The Bridge Church, 109 Bradford Street, BL2 1JX



Time	Focus	Speaker
8:45am - 9:30am	Arrival and light refreshments	
9:30am - 9:45am	Welcome, focus, and Housekeeping	Sheron Kantor, Start Well: Senior Quality and Outcomes Consultant
	Opening Speech and introduction of first keynote speaker	Geraldine Whitehead, Assistant Director of Inclusive Education and Learning
9:45am - 10:30am	Keynote 1: Movement Matters in the Early Years: Unpicking Physical Literacy	Helen Battelley, Early Years CPD Training and Consultancy
10:30am - 10:55am	Comfort break and marketplace roadshow	
10:55am - 11:40am	Workshop (Round 1): 1. Essential Physical Development and Risky Play - Playing Big Playing Bold! (Main Hall) 2. Boosting Communication, Language and Literacy Through Movement. (Upper Room)	
11:45am - 12:45pm	Learning lunch and movement taster groups	
12:45pm - 1:30pm	Workshop (Round 2): 1. Essential Physical Development and Risky Play - Playing Big Playing Bold! (Main Hall) 2. Boosting Communication, Language and Literacy Through Movement. (Upper Room)	
1:30pm - 2:00pm	Comfort break and marketplace roadshow	
2:00pm - 2:45pm	Keynote 2: The Neuroscience of Play: Playful Brains	Ben Kingston-Hughes, Author and Managing Director for Inspired Children
2:45pm - 3:15pm	Reflection "Step back to step forward" <ul style="list-style-type: none"> • Reflection balloons • Walk and talk • Personal planning and evaluations 	
3:15pm - 3:45pm	Group movement finale	Alice R Gregory, Researcher at the Institute of Global Health Innovation, Imperial College London
3:45pm - 4:00pm	Close	Laura Wright, Start Well: Early Years and Childcare Adviser