

PE AND SCHOOL SPORT CPD PROGRAMME

For Primary & Secondary School Teachers

September 2009 – June 2010



For further information on any of the courses within this brochure or to book a place please contact:

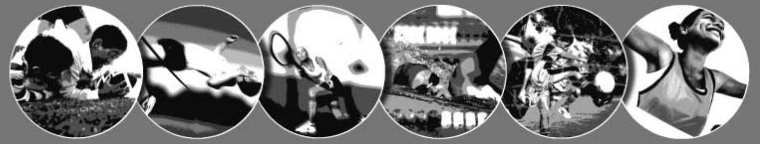
John Hatchett
Sports Development Team
01634 338763 or email john.hatchett@medway.gov.uk

In association with:



Howard School
Sport Partnership

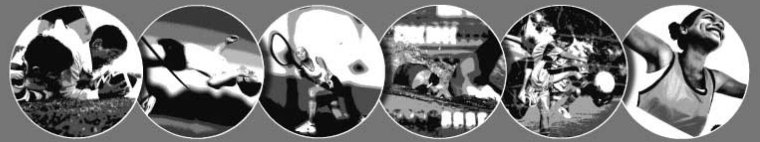




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Please be advised that if you book a place on any of the courses on the Medway PE and School Sport CPD Programme and fail to attend the course without at least 24 hrs notice given then your school will be fined £50



Hockey Skills & Drills

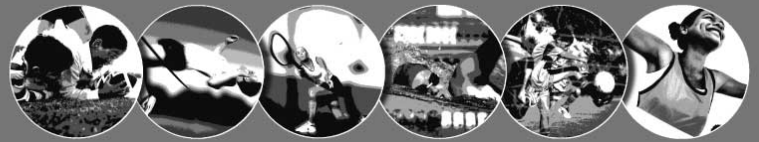
The aim is to provide updated skills training to enable hockey to be taught within Primary schools by a teacher. The course provides teachers with current and up-to-date information on teaching and coaching hockey skills and is aimed at teachers planning on entering their school into the Mini Youth Games hockey tournament.

Hockey Skills & Drills
Thursday 10 September 2009
Holcombe Hockey Club
4pm – 5:30pm
Cost: FREE

Rugby Skills & Drills

The aim is to provide updated skills training to enable tag rugby to be taught within Primary schools by a teacher. The course provides teachers with current and up-to-date information on teaching and coaching tag rugby skills and is aimed at teachers planning on entering their school into the Mini Youth Games tag rugby tournament.

Rugby Skills & Drills
Thursday 1 October 2009
Venue: Chatham Grammar School for Boys
4pm – 5.30pm
Cost: FREE



Primary Link Teacher Induction Day

Training session for all new PLT's and SCo's joining either Medway School Sport Partnership in the new academic year.

This session will provide an overview of the schools sports partnership, explain the role you have undertaken and expand upon the School Sport Coordinators responsibilities in assisting you.

Primary Link Teacher Induction Day
Wednesday 7 October 2009
Holcombe Hockey Club
9am – 3pm
Cost: FREE

TOP Gym & Dance for NQT

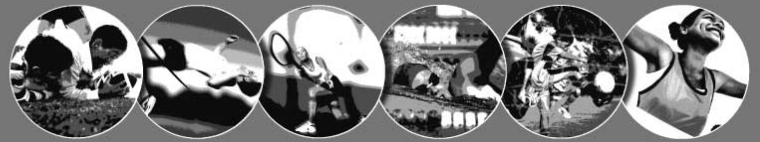
This module is for any Newly Qualified Teacher in the Primary sector who wants to improve the quality of pupils' learning and attainment in gym and dance activities.

It is intended that the contact time between the tutor and the delegates will comprise of practical activities based on the TOP Gym and Dance cards.

By the end of the module, you will:

- have identified specific aspects of pupils' learning in dance that you want to improve in order to achieve high quality PE in your school
- have identified what you need to do to help your pupils make better progress and achieve more in dance
- have drafted an action plan which will help your pupils make better progress and achieve more in dance.

TOP Gym & Dance for NQT
Thursday 8 October 2009
Danecourt School
9am – 4pm
Cost: FREE



Introduction to Fitness Training in PE

This workshop will provide you with a variety of ideas for successful delivery of basic, fun fitness training lessons.

Attendees will get the chance to take part in a variety of fitness drills and exercises, utilising a range of equipment. Tips are provided on how sessions can be adapted for different ages, abilities and number of pupils.

The workshop will include:

- Cardiovascular drills
- Strength drills
- Boxercise / boxing drills
- Core stability exercises
- Ideas for structuring and delivering sessions to whole groups

All attendees will receive workshop notes and a certificate of attendance.

Introduction to Fitness Training in PE

Wednesday 21 October 2009

Venue: The Howard School

4:30pm – 6:30pm

Cost: FREE

Badminton Skills & Drills

The aim is to provide updated skills training to enable badminton to be taught within Primary schools by a teacher. The course provides teachers with current and up-to-date information on teaching and coaching badminton skills and is aimed at teachers planning on entering their school into the Mini Youth Games Badminton tournament.

Badminton Skills & Drills

Tuesday 13 October 2009

Castlemaine Avenue, Gillingham

4pm – 5.30pm

Cost: FREE



The BKA Teachers / Leaders Korfball Course

This course is designed as an introduction for those who have little or no knowledge of korfball.

Korfball is fun to play, fun to teach and fun to watch.

It is the only true mixed sport in the world and is a game of equal opportunities making it ideal to be taught in schools.

By playing this mixed 'invasion' game, players of all ages learn how to throw and catch a ball, score goals, use space, apply the tactics of attacking and defending while co-operating as a team.

The BKA Teachers / Leaders Korfball Course

Tuesday 10 November 2009

Chatham Grammar School for Girls

4pm – 7pm

Cost: FREE

ASA Primary School Teacher Certificate for the Teaching of Swimming

The aim of this course is to equip a qualified teacher to develop a range of aquatic skills. The course will include:

- To equip the teacher with basic technical knowledge
- To equip the teacher with knowledge of health & safety in the pool environment
- To assist the teacher to transfer existing skills into the pool environment
- To familiarise teachers with the TOP Sport Swimming Programme
- To make teachers aware of the ASA National Plan for Teaching Swimming (NPTS)

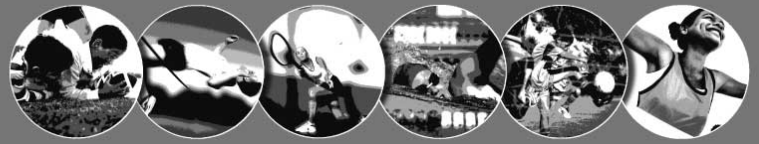
To assist teachers to develop swimming and water safety within their own school

ASA Primary School Teacher Certificate for the Teaching of Swimming

3 Days, dates TBC. (Early 2010)

Hilltop Primary School

9am – 4pm each day



Emergency First Aid

An HSE approved, emergency first aid course designed specifically for teachers delivering sports activities such as lunch-time and after-school clubs. Through a sympathetic mixture of theory and practice, participants will learn how to carry out basic first aid.

This course would normally cost £25 to attend, but is being offered for FREE to Medway PE teachers or Primary PE Co-ordinators.

Emergency First Aid

Tuesday 17 November & Tuesday 24 November 2009

Rainham School for Girls

4pm – 7pm (both days)

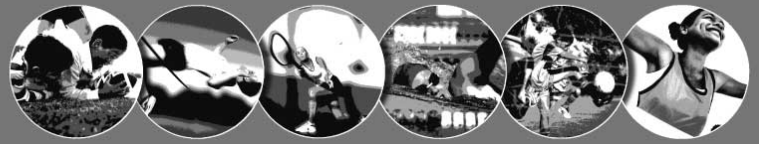
Cost: FREE

Yoga Factory

THE YOGA FACTORY presents YOGA FOR SCHOOLS an innovative exercise programme for school teachers to teach in schools and in the community. Over 400 teachers have already been trained, bringing yoga to thousands of children. Teachers have found that not only do the sporty children enjoy the course but also the children that don't normally enjoy PE have been very responsive to the programme. We are offering this course for KS1 teachers on a first come first served basis. Should any KS2-3 teachers wish to attend we can put you on a reserve list incase there are spaces. Should there be enough demand we will hold another course later in the year.

DETAILS OF THE COURSE:

- a.. The course consists of 4 routines and 4 relaxations on CD.
- b.. No experience of yoga is necessary as the cd's contain detailed instruction of each move.



c.. The cd's are accompanied by a comprehensive teaching file providing the teacher with every possible help they might need to lead the routines.

d.. The course can be used in PE, PSHE, early morning, lunchtime and after school clubs in schools and in the community

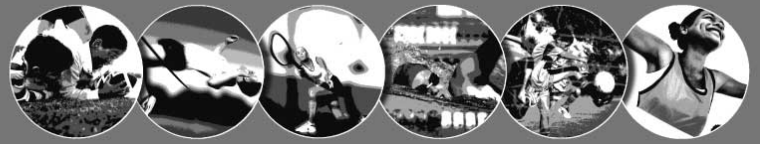
Please note the cost of this course is £95 per person, but this will be paid by your School Sport Partnership. However, your school will not be able to claim back teacher cover costs as well.

Yoga Factory
Thursday 12 November 2009
Venue: Black Lion Leisure Centre
9am – 4pm
Cost: FREE

Introduction to Cheerleading

The popularity of cheerleading has certainly risen over the last few years thanks to the media and films. It has led to a great deal of interest from children wanting to learn the moves! This CPD session will be a chance to give you some basic knowledge of how to lead sessions within your own school. There is no formal qualification attached to this course, but is very much for you to learn some new ideas from an experienced coach.

Introduction to Cheerleading
Thursday 10 December 2009
Black Lion Leisure Centre
4pm – 7pm
Cost: FREE



RLSS Teachers Lifesaving Award

This course assists those with responsibility for supervising swimming groups and activities identify hazards, prevent accidents and take appropriate emergency action where required. This course is accredited by Lifesavers and the Royal Lifesaving Society and recognised by Amateur Swimming Association (ASA), Swimming Teachers Association (STA), Institute of Sport and Recreation Management (ISRM) and the Institute of Swimming Teachers and Coaches (ISTC).

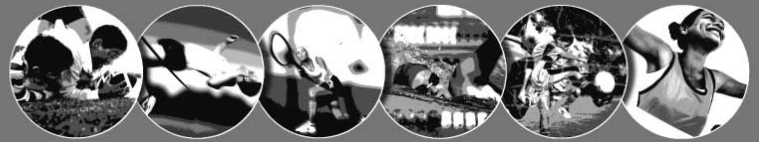
This course is aimed at anyone who teaches or coaches programmed swimming activities. Prospective swimming teachers would also benefit from this training course. You do not need any previous lifesaving experience to train for this award but you must confidently be able to swim 20 metres on your front and back and be able to learn a variety of skills.

RLSS Teachers Lifesaving Award
Monday 11 & Tuesday 12 January 2010
Hilltop Primary School
9am – 4pm (both days)
Cost: FREE

Introduction to Multi-Skills

This course will help primary school teachers and TA's to learn more about Multi-Skills for KS1 and KS2. You will learn about many new activities that go beyond/are additional to the Multi-Skills handbooks and Youth Sport Trust cards. The course will involve activities that can be applied to specific sports and some playground markings.

Introduction to Multi-Skills
Wednesday 20 January 2010
Chatham South School
4pm – 7pm
Cost: FREE



Advanced Multi-Skills / SAQ

This course will help primary school teachers and TA's to further advance their knowledge of Multi-Skills for KS1 and KS2. The course will even cover some elements of Speed, Agility & Quickness training (SAQ). This course is aimed at those teachers that already have some experience of delivering Multi-Skills or has attended the introduction course and would like to develop their knowledge further.

Advanced Multi-Skills / SAQ
Wednesday 27 January 2010
Chatham South School
4pm – 7pm
Cost: FREE

Introduction to Tchoukball

Tchoukball is a fast moving team game based on handball. It can be played in a hall of any size or outside in good weather. Players of any age, gender or size can play against each other or in the same team as the game emphasises throwing, catching, and passing skills without tackling, blocking, or intercepting. In tournaments and competitions teams must be mixed and so primary schools and mixed secondary schools have found it particularly suitable to their needs. The game has been designed to minimise injuries in team sport and emphasise fair play at all times. Goals are scored by playing the ball off a rebound net at either end of the hall before the defending team can catch it. Specialist equipment is not essential as we can show you how to start up a basic club using 'home-made' equipment available in most schools. A fun alternative to traditional sports that most who play find seriously addictive!

Introduction to Tchoukball
Thursday 4 February 2010
Chatham South
4pm – 7pm
Cost: FREE

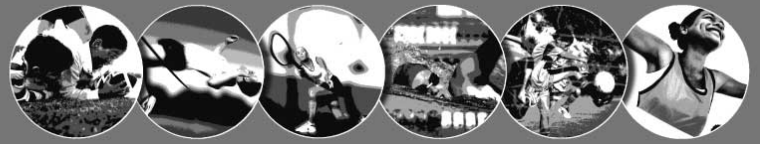


Table Tennis and other Racket Skills & Drills

The aim is to provide updated skills training to enable table tennis to be taught within Primary schools by a teacher. The course provides teachers with current and up-to-date information on teaching and coaching table tennis skills and is aimed at teachers planning on entering their school into the Mini Youth Games table tennis tournament.

Teachers will also learn very basic Mini Squash, Bisi Badminton, Mini Tennis and Table Tennis skills & drills, to assist their school and pupils to enter the new Medway wide Rackets Festival in July 2010 for Years 3 & 4.

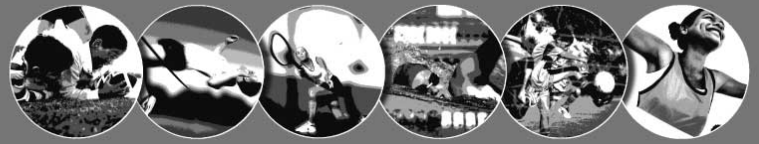
Table Tennis Skills & Drills
Thursday 11 February 2010
Howard Table Tennis Centre
4pm – 5:30pm
Cost: FREE

Introduction to Touch (Rugby)

Touch is one of the fastest growing sports in England, played by people of all ages and skill levels. Introduced from the Southern Hemisphere in the 70's, touch is a fast, evasive, non-contact form of rugby.

Touch is one of the few team sports where men and women compete on teams together not only socially, but at an international level. There are currently approximately 12,000 people playing touch in organised leagues around the UK.

Introduction to Touch
Thursday 25 February 2010
Venue: Chatham Grammar School for Boys
4pm – 5:30pm
Cost: FREE



Netball High 5 Teacher Award

The aim of the course is to support teachers / coaches to understand and teach High 5 Netball and is ideal training for any teacher planning on entering their school into the Mini Youth Games netball tournament.

By the end of the course they should be able to:

- be familiar with the philosophy and principles behind High 5 Netball
- be able to identify and teach/coach basic Netball skills used in High 5 Netball
- be able to umpire the game of High 5 Netball

Netball High 5 Teacher Award

Tuesday 2 March 2010

Rainham Girls School

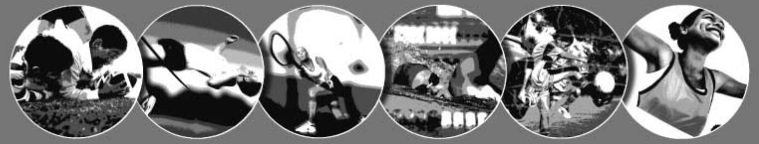
4pm –7pm

Cost: FREE

Primary Teachers PE Course

Physical Education INSET for Teachers. By the end of this course colleagues will:

- Understand how to structure (and assess) a lesson inline with National Curriculum requirements.
- Understand how to manage risk in a physical activity context and associated supervision roles and responsibilities.
- Be able to use the TOP resource packs to support short term planning across a range of practical activities including games, athletics, gymnastics and outdoor and adventurous activity.
- Understand what is meant by the spiral curriculum and how activities should be progressed according to age range and individual need.
- Be familiar with a range of practical ideas that support learning within PE including brain gym, warm-up games,



stretches, speed agility and quickness (SAQ), write to dance and speed stacks.

A variety of resources, including TOPs packs and CD roms will be provided for 20 participants.

Primary Teachers PE Course**Thursday 4, 11 & 18 March & Friday 26 March 2010****Venue: TBC****9am – 4pm (each day)****Cost: FREE****Outdoor Adventurous Activity (OAA)**

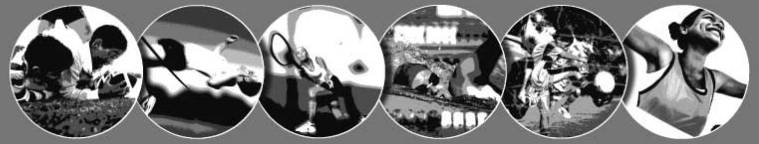
This full day course will use 'TOP Outdoors' as the basis for the day's training and each school represented will receive a set of activity cards and handbook for use by their school. This resource has a proven track record and will put delegates in a strong position to deliver TOP Outdoors on their own school site. The resources are designed for use with Key Stage 2 pupils. The programme uses activity cards to help teachers develop a range of skills with their pupils.

The activities develop the generic skills of teamwork and co-operation, trust, communication, planning, decision making and independence, as well as skills specific to individual activities. Emphasis is placed on an awareness of OAA within the National Curriculum and Health and Safety issues.

The following area of activities will be addressed:

- Trails
- Physical Challenges
- Orienteering

Each area has been designed to include progression from simple to more complex activities and within each area there are ideas to ensure the inclusion of young disabled people. All the activities are designed to take place on the school site, either on a playground



or grassed area. Some of the activities can be adapted to take place in the school hall.

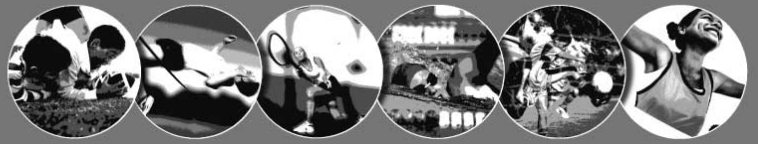
By the end of the module, you will:

- have identified specific aspects of pupils' learning in outdoor activities that you want to improve in order to achieve high quality PE in your school
- have identified what you need to do to help your pupils make better progress and achieve more in outdoor activities
- have strategies for evaluating the impact of what you do to help your pupils make better progress and achieve more in outdoor activities.

Outdoor Adventurous Activity (OAA)**Tuesday 9 March 2010****Rochester Math School****9am – 4pm****Cost: FREE****Teaching Assistant (TA) PE Course**

The TA PE Course is a 3-day course aimed at Teaching Assistants that will be involved in running or supporting PE lessons, lunch-time clubs and after-schools clubs. The course will provide TA's with basic knowledge on how to coach and organise various sports activities on their school site. The course will include a number of general sports like football, rugby and cricket, but also look at alternative activities such as SAQ, Multi-Skills and Gym & Dance. A full list of all the sports that will be included over the 3 days will be advertised to schools later in the year. Everyone attending will receive a free resource to take back to their school.

TA PE Course**Monday 19 – Wednesday 21 April 2010****Venue: TBC****9am – 4pm (each day)****Cost: FREE**



Introduction to Ultimate (Frisbee)

Ultimate is a fast-moving team sport enjoyed by hundreds of thousands of players the world over. Although frequently compared to sports like soccer or American Football, Ultimate has some unique features that set it apart. There are no referees. And it's played with a flying disc.

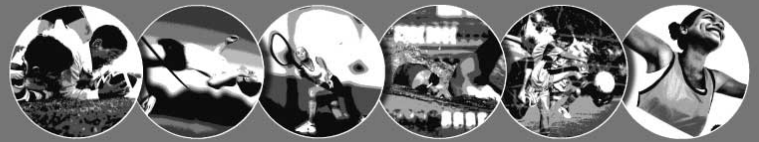
To compete at the highest level, Ultimate players require speed, agility and endurance. Yet beginners find the game easy to learn and fun to play. Grab a disc, get out there, and discover why many think this is the ultimate team sport.

Introduction to Ultimate
Tuesday 27 April 2010
Temple School
4pm – 5:30pm
Cost: FREE

ECB Cricket Coaching for Teachers Award

The aim is to provide updated skills training to current teachers to enable cricket to be taught in school in line with National Curriculum requirements. The course provides teachers with current and up-to-date information on teaching and coaching cricket skills and is aimed at teachers of Key Stage 2 and Key Stage 3 pupils. This course is aimed at any teachers planning on entering their school into the Mini Youth Games Kwik Cricket Festival or Medway Secondary School Games Inter Cricket Festival. Everyone attending the course will receive the HOWZAT! resource free along with a number of other useful resources.

ECB Cricket Coaching for Teachers Award
Wednesday 28 April 2010
Venue: TBC
4pm – 7pm
Cost: FREE



Introduction to Softball

Softball is a game closely resembling baseball that is played on a smaller diamond than baseball. Some key differences between softball and baseball are that softballs are larger than baseballs, and pitches are thrown underhand rather than overhand.

Softball is said to be the most popular participant sport in the United States. An estimated 56 million Americans will play at least one game of softball during a year and is played by both men and women.

Introduction to Softball

Tuesday 11 May 2010

Venue: Sir Joseph Williamson's Mathematical School

4pm – 6pm

Cost: FREE

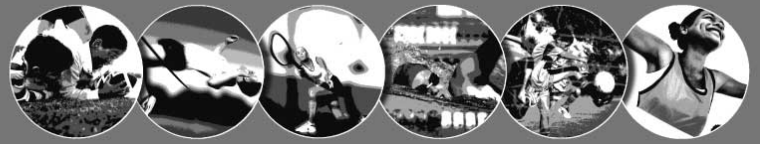
Elevating Athletics (Primary & Secondary)

Elevating Athletics is a set of resources designed to place running, jumping and throwing at the heart of school physical education and to support teachers in delivering athletic activity in an inclusive, exciting and engaging manner.

It has been written by physical education experts with extensive experience of teaching and coaching athletics at school, club and international level. Elevating Athletics is written to conform to curriculum requirements in England. It has been delivered to every State School in the UK and is available from the YST website.

The aim of Elevating Athletics is:

- To bring the sport of athletics to life and make it accessible
- To provide teachers with a creative and practical resource that will help them encourage and motivate youngsters participate and achieve in athletics
- To ensure that athletics is taught in a more inclusive and engaging manner, with modern approaches that are less



reliant on formal didactic delivery and focus more on learning

- To ensure all children receive a positive experience of athletics, where the emphasis is on participation, enjoyment, mastery and the acquisition of skills, so that they maintain interest in the sport.
- To create a greater understanding that running, jumping and throwing underpin the vast majority of sports, and ensure children acquire and develop these skills throughout their education
- To reach out and appeal to a much wider audience of young people to ensure we have a sustainable number of 16-17 year olds in the sport, who are committed to competing at senior level.

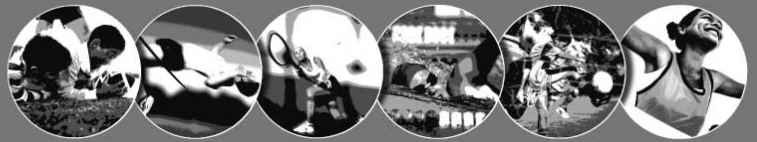
It is important that schools support the development of athleticism in youngsters, certainly up to the age of 13-14. Good teaching at the very early stages is crucial, along with appropriate year on year progression. It takes time to develop the fundamental skills and understanding associated with movements underpinning the ability to run, jump and throw.

Elevating Athletics
Thursday 20 May 2010
Venue: TBC
4pm – 7pm
Cost: FREE

Primary School Teachers Award Tennis

This 3 hour course has been designed to give primary school teachers the confidence and tools to deliver tennis to a class of children in a small space.

The course is supported by an innovative DVD teaching aid, which is pupil facing and delivers and demonstrates the activities directly to the children, allowing the teacher to do what they do best, teach.



Each teacher that attends the course will receive:

- 3 DVD's
- Lesson Plan Support Handbook
- Mini Tennis Equipment Pack (60 balls, 30 rackets and 1 net)

Primary School Teachers Award Tennis**Tuesday 25 May 2010****Venue: TBC****4pm – 7pm****Cost: FREE****TOPs Whole School Training Programme**

You can also book all of the TOPs courses as whole school training for your school:

- TOP Athletics
- TOP Dance
- TOP Games
- TOP Gymnastics
- TOP OAA

If you are interested in receiving this training for your staff, please contact John Hatchett on 01634 338763 or email

john.hatchett@medway.gov.uk with the following information:

- Name of school
- Number of teachers attending
- Provisional dates for the one-day course (but dates will need to be flexible depending on the tutor's availability)



Sport Specific Mentoring for Teachers

PE Co-ordinators can now contact the Sports Development Team to book a sport specific coach to visit their school and work with a teacher(s) to deliver a 5-week coaching programme to pupils.

The teacher(s) will observe and support the coach over weeks 1 and 2, and then be observed and supported by the coach through weeks 3, 4 and 5.

The sports that we currently have available are:

- Athletics
- Cricket
- Football
- Rugby

However, we hope to recruit more coaches in other sports throughout the academic year. If there is any specific sports that your staff requires then please contact the Sports Development Team and we will try to recruit a coach in that sport for you.

If you are interested in receiving this training for your staff, please contact John Hatchett on 01634 338763 or email john.hatchett@medway.gov.uk with the following information:

- Name of school
- Number of teachers attending
- Provisional dates and times for the 5 coaching sessions (but dates will need to be flexible depending on the coaches availability)



The Howard School
Sport Partnership



Greenacre School
Sports Partnership

2009/2010

Claim for reimbursement of staff cover costs

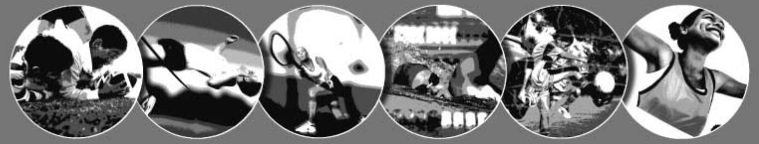
Date:

Please arrange to pay the following amount to the below named school;

ORGANISATION:	
FOR THE ATTN OF:	
ADDRESS:	
POSTCODE:	
SIGNED BY COURSE ATTENDEE	
SIGNED BY PRIMARY LINK TEACHER	

Name of Teacher	Date and title of course	Amount (£)
		£143 full day £71.50 half day
	Total Claimed:	

**ALL 2009/10 INVOICES MUST BE RECEIVED BY THE
RELEVANT
SCHOOL SPORTS PARTNERSHIP OFFICE BY FRIDAY 2nd
JULY 2010**



Please send your completed invoice to the relevant School Sport Partnership;

Greenacre School Sport Partnership, 157 Walderslade Road, Chatham, ME5 0LP

Howard School Sport Partnership, Derwent Way, Rainham, Gillingham ME8 0BX

**For further invoices please go online at
www.greenacressp.co.uk or www.howardssp.org.uk**

Continuing professional development for Physical Education Courses

You are able to claim back the costs of your cover for attending the course today. You can claim a maximum of £143.00 per day for a full day course or £71.50 for a half day course. There is a maximum of 9 days of training that can be claimed per school, per year (linked to PLT Action Plan). Invoices can only be claimed once the course has been attended – claims made in advance will not be paid.

What we require in return?

We need an evaluation form completed on the day informing us of what you have been able to take from the course and where we can make improvements. We also may send out a follow up evaluation 3-6 months after the course to find out how, if at all, you are still using the skills you have learnt on the course in your school.

What should you do if you require further support?

Speak to your Primary Link Teacher (PLT)/ PE Co-ordinator within your school and see if they can offer you the support you need. If not, there are many more people to help including your School Sport Co-ordinator who you can contact via your PLT or access the following websites which may be able to offer you support.

www.greenacressp.co.uk

www.howardssp.org.uk

www.medway.gov.uk/sportsdevelopment



Medway CPD Programme Course Booking Form

Personal Details

First name		Surname	
D.O.B		Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female
Name of School			
School Address		School Postcode	
School Tel		Contact Email	

Please tick this box if you are happy for course confirmation details to be sent to your email address given

Status

I am a:	
<input type="checkbox"/> Primary School teacher	<input type="checkbox"/> Secondary School PE Teacher
<input type="checkbox"/> Primary School PE Co-ordinator	<input type="checkbox"/> Secondary School Head of PE
<input type="checkbox"/> Teaching Assistant	<input type="checkbox"/> Secondary School non PE
<input type="checkbox"/> Midday Supervisor	<input type="checkbox"/> Coach
<input type="checkbox"/> Student Teacher	<input type="checkbox"/> Official
<input type="checkbox"/> Parent	<input type="checkbox"/> Other:

Please state which course you would like to attend

Course Title

Signature

Applicants signature		Date	
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Endorsement (this must be signed by the head teacher or course leader)

Signature		Date	
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Please be advised that if you book a place on any of the courses on the Medway PE and School Sport CPD Programme and fail to attend the course without at least 24 hrs notice given then your school will be fined £50

Please return completed booking forms to:

John Hatchett
Sports Development Team
Black Lion Leisure Centre, Mill Road, Gillingham, Kent ME7 1HF
Tel: 01634 338763
Email: john.hatchett@medway.gov.uk

