

Fit
to
Succeed

Exeter School Sport Partnership



Primary
CPD Opportunities



September 2009 - July 2010

PLT RELEASE FORMS INCLUDED

Exeter School Sport Partnership

CPD

**Overview of Courses available from
September 2009 until July 2010**

Key Stage 1 Physical Literacy Leap into Life

Aesthetic Movement Ideas
Follow up Meetings to support current teaching

Key Stage 2

Teaching High Quality Dance – Practical Ideas (half day)
The use of Equipment in Gymnastics (full day)
Teaching High Quality Athletics (full day)
ASA Swim Teachers Award (two day)
For further dance support please see the end of the booking form

National Governing Body Courses (Maximum 4 hours)

Tri Golf Course
Quicksticks Hockey Course
High Fives Teachers Award
Tag Rugby Teachers Award
Cricket Teachers Award
Primary Tennis

Course available through your SCo

Daily Physical Activity Refresher
Active Play Managers Course and MTA training
Fundamental Movement Skills and Multi Skills
Young Leaders Award

Please see Devon LDP website for additional courses www.devonldp.org

Exeter School Sport Partnership

Primary P.E. Conference

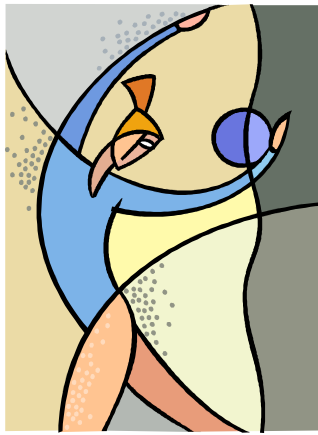
Wednesday 4th November

Programme Outline

8.00 a.m. – 9.00 a.m.	Head Teacher Breakfast
9.30 a.m.	Registration for Delegates
10.00 a.m.	Welcome and Key Note Speaker
10.45 a.m.	REFRESHMENTS
11.00 a.m.	Workshop option 1
11.45 a.m.	Workshop option 2
12.30 p.m.	LUNCH
1.15 p.m.	Networking rotation 1
1.45 p.m.	Networking rotation 2
2.15 p.m.	Networking rotation 3
2.45 p.m.	REFRESHMENTS
3.15 p.m.	Close and departure

Resources

Conference Pack



Equipment in Gymnastics at Key Stage 2

Monday 1st February

9.30am - 3.30 pm

Bowhill Primary School

Course Outline

- 9.30 a.m. Introduction
- 9.45 a.m. Progress in Gymnastics in relation to High Quality PE
- 10.00 a.m. Curriculum Gymnastics; Sequence Development and Tops Cards
- 10.45 a.m. BREAK
- 11.00 a.m. Progress and movement development using equipment
- 11.20 a.m. Using equipment to develop high quality PE
- 11.55 a.m. Health and safety
- 12.15 p.m. LUNCH
- 12.50 p.m. Assessment for learning and use of core tasks
- 1.10 p.m. Observation lesson
- 1.50 p.m. Lesson assessment / analysis
- 2.50 p.m. Creating variety in small groups and with hand held equipment
- 3.15 p.m. Resource / Q & A / evaluation

Resources

Conference pack



Dance Ideas for Key Stage 2

Monday 15th March

12.00pm – 4..00

Venue, TBC

Course Outline

Action, dynamics space and relationship

Motif and motif development

Using topics as ideas

Dance ideas and development

Resources

Top cards

If you require additional dance support please see the form at the end of the booking form.



ASA Certificate for Teaching School Swimming

(Key Stages 1 and 2)

Modules 1 and 2

29th and 30th March

Course Aims

Once qualified the holder of the ASA/NCTP Modules 1 and 2 (School Swimming – Key Stages 1 and 2) will be equipped with the skills to plan and evaluate a programme designed to meet the swimming component of the National Curriculum (NC) and to teach without supervision, a range of skills to groups within a school swimming programme.

Course Outline

Module 1

Unit 1 – Introduction to Working in a Pool Environment

Unit 2 – Working with Non Swimmers and Beginners

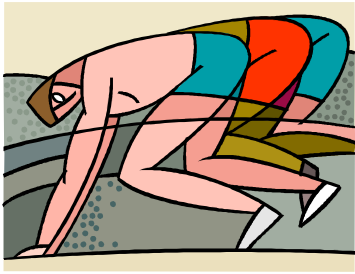
Module 2

Unit 3 – Skill Development for those working towards and working at the improver stage of learning to swim – 3 hours

Unit 4 – Stroke Development for those working towards and working at the Improver Stage of Learning to Swim

Unit 5 – Stroke Development for those working towards and working at the Improver Stage of Learning to Swim

Nb Module 1 needs to be completed before progressing to Module 2



Teaching High Quality Athletics at Key Stage 2

Wednesday 29th April

9.30am - 3.30 pm

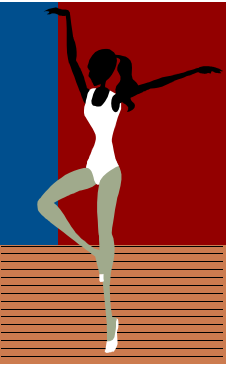
Venue, TBC

Course Outline

9.15 a.m.	Registration and Tea/coffee
9.30 a.m.	Introduction and course objectives
9.35 a.m.	Why teach athletics?
9.40 a.m.	What is athletics?
9.50 a.m.	Core tasks and traffic lighting
10.00 a.m.	Year 3 core task lesson
10.40 a.m.	What next? Planning
10.50 a.m.	Practical1: Throwing challenges
11.30 a.m.	BREAK
11.45 a.m.	Practical 2: Jumping Challenges
12.30 p.m.	LUNCH
1.15 p.m.	Traffic lighting and core task
1.30 p.m.	Year 5 core task lesson
2.10 p.m.	What next? Planning
2.20 p.m.	Practical 3: Running Challenges
2.50 p.m.	Plenary and questions

Resources

Top cards



Physical Literacy

Aesthetic Movement Ideas

24th May

12.30am - 3.30 pm

Exeter, TBC

Course Outline

Delegates will explore different ideas to teach the learning intentions in the aesthetic movement section.

Physical Literacy

Follow Up Support meetings

TBC

Delegates will have the opportunity to share good practice with colleagues from local schools

- **Individual school feedback on successes and barriers**
- **Using the programme with mixed age classes**
- **Development of suggested activities**
- **The use of movement support cards**
- **Use of LEAP as an intervention strategy at Key Stage 2**



GF Tri Golf Course

Monday 28th September

12.30pm -3.30pm

Venue TBC

Course Outline

- Warm-up games
- Putting games
- Chipping games
- Pitching games
- Long game
- Prescriptive Schemes of work/session plans
- Fun learning whilst staying Safe
- Delivery, scoring & festival formats
- Simple Teaching points
- Signposting exit routes
- Integrating into the KS 1&2 Curriculum

Resources

Each attendee will receive:

- A Tri-Golf teachers manual to support delivery,
- Certification for the workshop.



EH Quicksticks Hockey Teachers Course

Monday 12th October

9.30 am until 12.30pm

Venue TBC

Course Outline

Quicksticks is England Hockey's brand new game designed specifically for Primary Schools and is aimed at 7-11 years olds.

Basic skills:

- Moving with the ball
- Moving the ball
- Shooting
- Defending skills
- Small sided games.
- Getting started and playing Quicksticks
- Health, fitness and safety

Resources

Each **school** will receive:

- 49 illustrated waterproof challenge cards
- The rules of Quicksticks
- A curriculum resource with gives 24 weeks worth of lesson ideas for years 3, 4, 5 and 6

See www.englishockey.co.uk/Quicksticks for more information



AENA High Fives Teacher Coaching Course for Teachers

Monday 25th January

9.30am until 12.30pm

Venue TBC

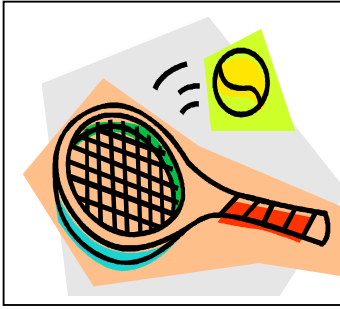
Course Outline

- To provide practical ideas for teachers and coaches working both within and outside the curriculum with 7-11 year old children (boys and girls)
- To introduce the rules and application of the rules of High 5 Netball
- To promote a positive and creative approach to High 5 Netball
- To orientate teachers to meet the National Curriculum PE Key Stages 1 & 2
- To identify and develop basic skills of the game
- To identify the elements involved in a progressive practice

Resource

Each delegate will receive:

- England Netball High 5 DVD
- A set of coloured skills cards
- A resource pack with a 6-8 week scheme of work.



LTA Primary Tennis

Monday 22nd February

1.00pm – 4.00pm

Venue TBC

Course Outline

- Introduce teachers to the DVD resource which is an interactive tool that can be used to demonstrate specific tennis skills on screen
- Practices and exercises tailored to working with large numbers in small spaces

Resources:

- **1 x Equipment bag worth £400**, (Mini Red rackets, nets, balls for indoors and outside)
- DVD & hardcopy lesson resource



Tag Rugby Teacher Course

Tuesday 2nd March

9.30am - 12.30 pm

Exeter Chiefs Ground, Sandy Park

Course Outline

- Warm – ups
- Warm – up game and activities
- Send and receiving
- Skills practices
- Attacking and defending
- Team work
- Laws of the game
- Tactics of the game

Resources

Each school will receive:

- A Tag Rugby Booklet



ECB Cricket for Teachers

Monday 22nd March

12.00pm – 4.00pm

Venue TBC

COURSE AIMS

- To help Primary School teachers understand the coaching
- Integrating the National Curriculum PE Aspects of Knowledge through the striking and fielding game of cricket.
- To introduce Primary School teachers to the power and versatility of the new 'Howzat!' resource.
- To give Primary School teachers the confidence to deliver cricket in schools
- To provide them with enough knowledge and practice to move onto a Level 1 assessment
- To encourage a common coaching and education language between teachers and coaches
- To promote the benefits of a TGFU approach

COURSE OUTLINE

- Continuous Cricket and draw out coaching process
- 2 micro coaching rotations (2 pairs of coaches) using Level 1 games. Review to focus on coaching process
- Classroom exploration of the Aspects of Knowledge
- Sports Hall – Tutor as Coach delivers Lord's Game (pull shot) modelling integration of all Aspects of Knowledge
- 2 micro coaching rotations (2 pairs of coaches) using Level 1 games. Review to focus on Aspects of Knowledge
- Classroom activity to explore Howzat! resource and close

Resources

Each school will receive:

- Resource booklet
- CD rom

Booking Conditions

Costs

We manage the CPD opportunities on a 'first come, first serve basis'.

- KS1 and Courses are £50.00 for up to 2 delegates (no resource included)
- KS2 Courses are £50.00 per day for up to 2 delegates plus 1 TOPS pack per person
- National Governing Body Awards and activity specific courses are £25.00 per delegate plus 1 resource pack per school

Cancellation Policy

We will only cancel a course should the up take of the course be less than 10 delegates. Should a course be cancelled, a full refund will be given. If you wish to cancel a place on a course and your booking form has been received by the partnership administrator a refund **will only be given** if the space is taken by another delegate.

Payment

Please make cheques payable to: **St Luke's Science and Sports College** and include the cheque when returning your booking form.

We will also accept purchase orders, please note the purchase order number on the booking form. Once the course has taken place an invoice will be generated and posted to your school. Payment is required within 14 days from invoice date.

Confirmation

Confirmation, details and directions will be sent via the e-mail address you have stated on the booking form. Should you not specify an e-mail address we will automatically send it to your schools admin@.....

Tutors

All courses will be run by a PEDPASS consultant or a qualified tutor.

Evaluation

As part of our continual monitoring, evaluation and review we would like all delegates to complete an evaluation form.

Dance support

There may be an opportunity for schools to receive additional dance support. This could involve support lessons, school inset or family based dance inset. If you would like more information please complete the form and return it to **Catherine Holt** at St Luke's Science and Sports College, Harts Lane, Exeter, EX13RD or email cholt@st-lukes.devon.sch.uk.

Name of school

Name of contact person

Telephone no

Email address

Type of support required

.....

.....

Which term would you prefer the support to take place

.....

What time of day

.....