

# FOUR BOROUGHGS

## Primary PE and School Sport Continuous Professional Development Courses 2015/16



Dear Head Teacher / PE Co-ordinator

The Four Borough's Partnership is delighted to introduce our new primary, secondary and special schools CPD programme for academic year 2015-16.

At the Four Borough's Partnership we endeavour to support all our schools to develop a sustainable and high quality PE and school sport provision for the benefit of their pupils and staff, in line with Ofsted requirements to support the effective use of the Primary PE and Sport Premium funding.

The brochure gives details of all the PE and School Sport training programmes available to staff from primary, secondary and special schools. We are offering a range to equip staff with the necessary skills to tackle the issues affecting schools today. Details of prices for individual courses are included. You will note that courses have remained at the same price as last year.

We believe that there is something for everyone in our booklet and we look forward to welcoming you and your colleagues. Please take time to browse through our list of courses and identify anything of interest that meets the priorities of your school.

To reserve a place on a course please complete the booking form at the back of the booklet and return it to your area School Games Organiser.

Best wishes

*Karen*

*Kerstine*

*Ali*

*Di*

**Karen Drake**  
School Games Organiser  
Halton

**Kerstine Hogg**  
School Games Organiser  
Knowsley

**Ali Watt**  
School Games Organiser  
South Sefton

**Di Murphy**  
School Games Organiser  
St Helens



## *Imovesdance Primary Dance*

Course Number	1
Date:	Wednesday 30 <sup>th</sup> September 2015
Time:	1.00pm – 4.00pm
Venue:	St Columbas Catholic Primary School, Hillside Road, Huyton, Knowsley L36 8BL
Target Group:	All KS1 and KS2 Teachers or any person delivering or supporting primary dance e.g. classroom assistant, learning support staff, nursery nurse, parents, other helpers etc.
Course Details:	<p>This course aims to provide curriculum ideas tied into the national curriculum to make dance fun for pupils and easier for the teacher. The course is practical leaving teachers with a sound base to support their delivery.</p> <p>Course to include</p> <ul style="list-style-type: none"> <li>• Improve skills around teaching movement to music effectively</li> <li>• Increase knowledge around teaching movement to music in PE and across the curriculum</li> <li>• Learn how to deliver fun , exciting dance themes and styles</li> <li>• Learn how to build a theme to create short dance sequences using travel, turn, jump gestures, pause and fall</li> <li>• Learn a variety of planning, teaching and assessment methods to engage, excite and progress pupils</li> <li>• Learn to use the imovesdance.com free resources in your school and how to become an imovesdance member.</li> </ul>
Course Leader:	Imoesdance
Cost:	£25.00 + VAT
Other Information:	<ul style="list-style-type: none"> <li>• This course will be practical please dress appropriately</li> </ul>

## *Health and Safety*

Course Number	2
Date:	Thursday 1 <sup>st</sup> October 2015
Time:	3.45pm – 5.30pm
Venue:	St Bedes Catholic Jr, Appleton Village, Widnes WA8 6EL
Target Group:	Any person working within a school e.g. Head Teacher, PE Co-ordinator, teacher / support staff with responsibility for health and safety.
Course Details:	Supporting those who manage safe practice in PE covering aspects such as: <ul style="list-style-type: none"><li>• current advice (Association for Physical Education 2012)</li><li>• roles and responsibilities</li><li>• case law</li><li>• Risk Assessments</li></ul> <p>Direct reference will be made to the 2012 AfPE Safe Practice document'</p>
Course Leader:	Gill McGough
Cost:	£25.00 + VAT
Other Information:	Please bring with you AfPE "Safe practice in Physical Education and Sport" 2012 Edition if available.

## KS2 Gymnastics

Course Number	3
Date:	Monday 5 <sup>th</sup> October 2015
Time:	3.45pm – 5.30pm
Venue:	Bleak Hill Primary School, Hamilton Road, Windle, St Helens, WA10 6HG
Target Group:	All KS2 Teachers or any person delivering or supporting primary gymnastics e.g. classroom assistant, learning support staff, parents, other helpers etc.
Course Details:	<p>This practical gymnastics course covers the following:</p> <ul style="list-style-type: none"><li>- Warming up/cooling down</li><li>- Progression activities</li><li>- Inclusion and differentiation</li><li>- Involving large numbers in small spaces</li><li>- Four strands of learning</li><li>- Organisation of groups</li><li>- Use of equipment and appropriate resources</li></ul>
Course Leader:	Dianne Murphy
Cost:	£25.00 + VAT
Other Information:	This course will be practical please dress appropriately.

## ***Making PE Count in Reception***

Course Number	4
Date:	Wednesday 14 <sup>th</sup> October 2015
Time:	3.45pm – 5.30pm
Venue:	St Michaels Catholic Primary, St Michaels Road, Widnes, WA8 8TD
Target Group:	All Foundation Teachers or any person delivering or supporting children in reception e.g. classroom assistant and learning support staff.
Course Details:	<p>To help practitioners improve the quality of pupils' learning through physical development to include:</p> <ul style="list-style-type: none"><li>• Suitable ideas and activities for the early years linked to the EYFS framework</li><li>• Use of story books</li><li>• Opportunities for learning outside the classroom</li><li>• Links to the other areas of learning in the EYFS framework</li><li>• Development of FUNdamental movement skills</li></ul>
Course Leader:	Gill MGough
Cost:	£25.00 + VAT
Other Information:	This course will be practical please dress appropriately

## ***Assessment and Feedback***

Course Number	5
Date:	Friday 13 <sup>th</sup> November 2015
Time:	9.00am - 3.30pm
Venue:	St Columbas Catholic Primary School, Hillside Road, Huyton, Knowsley L36 8BL
Target Group:	Head Teachers and all primary teachers especially those with a responsibility for PE.
Course Details:	A one day course that focuses of the process and principles of assessment, recoding and reporting on pupil attainment and progress in PE.
Course Leader:	Gill Parry – Youth Sport Trust
Cost:	£50 + VAT
Other Information:	Lunch not provided please bring a packed lunch

## *Netball*

Course Number	6
Date:	Friday 6 <sup>th</sup> November 2015
Time:	1.00pm – 3.00pm
Venue:	The Hawthorne's Sports Centre, Fernhill Road, Bootle, L20 6AQ
Target Group:	All KS1 and KS2 teachers or any person delivering or supporting primary netball e.g. classroom assistant, learning support staff, nursery nurse, parents, other helpers etc.
Course Details:	<p>This practical workshop is aimed at providing teachers who are regularly planning sessions with a better understanding of specific areas of player and game development including fresh ideas for building practices and sessions. It will also include</p> <ul style="list-style-type: none"><li>• Wide range of skills and drills including the correct techniques</li><li>• Elements involved in progressive practice</li></ul>
Course Leader:	Cath Rawstron – PE Specialist Teacher
Cost:	£25.00 + VAT
Other Information:	This course will be practical please dress appropriately



## ***Gymnastics – Using Apparatus***

Course Number	7
Date:	Monday 2 <sup>nd</sup> November 2015
Time:	3.45pm – 5.30pm
Venue:	TBC
Target Group:	All KS1 and KS2 Teachers or any person delivering or supporting primary gymnastics e.g. classroom assistant, learning support staff, nursery nurses, parents, other helpers etc.
Course Details:	This practical course will cover the following: <ul style="list-style-type: none"><li>• maximising use of large and small apparatus</li><li>• How skills can be taught using apparatus</li><li>• How to progress skills using apparatus</li></ul>
Course Leader:	Ged Shutt – Advance Skilled Teacher
Cost:	£25.00
Other Information:	<ul style="list-style-type: none"><li>• This course will be practical please dress appropriately</li></ul>

## Change 4 Life

Course Number:	8
Date:	Tuesday 17 <sup>th</sup> November 2015
Time:	3.45pm – 5.30pm
Venue:	Kirkby High School, Bracknell Avenue, Kirkby L32 9PP
Target Group:	PE Co-ordinators, KS2 teachers, learning mentors, teaching assistants, midday supervisors.
Course Details:	<p>Primary Change 4 Life sports clubs have been created to increase physical activity levels in less active 7 to 9 year-olds, engaging pupils through fun and enjoyable activities outside of the curriculum, as well as giving your pupils the ownership of it being their club.</p> <p>The clubs strive to create an exciting and inspirational environment for children to engage in school sport. As well as encouraging children to become more active, the clubs also provide children with a fun and satisfying way to develop their personal and social skills. By improving children’s sense of belonging, team work, confidence, resilience and self-esteem, C4L Sports Clubs can have an impact on children’s attitude, behaviour and achievement within school as a whole. Furthermore, by taking on a variety of roles within the clubs, children can develop and apply their self-management, creative, thinking and leadership skills, helping them to become more effective learners.</p> <p>The course will:</p> <ul style="list-style-type: none"> <li>• Identify the main objectives of C4L Primary Sports Clubs</li> <li>• Identify the target group of children and ways to engage them in the club</li> <li>• Support schools plan the delivery of a club session</li> </ul>
Course Leader:	Youth Sport Trust - Tutor
Cost:	FREE
Other Information:	<ul style="list-style-type: none"> <li>• Each school will receive a FREE equipment bag (worth £800) along with a resource booklet for each pupil participating in the club.</li> <li>• The school will be expected to deliver their own weekly Change 4 Life sports club and report termly on monitoring data.</li> <li>• The course has some practical elements please dress appropriately.</li> </ul>

## High Quality Playground Activities

Course Number	9
Date:	Monday 23 <sup>rd</sup> November 2015
Time:	3.45pm – 5.30pm
Venue:	St Michaels Catholic Primary, St Michaels Road, Widnes, WA8 8TD
Target Group:	Any person supporting playground activities e.g. teachers, welfare staff, lunchtime supervisor, teaching assistant, learning support staff, parents, other helpers etc.
Course Details:	<p>This workshop is suitable for anyone supporting playground activity in the school environment. It will consider:</p> <ul style="list-style-type: none"><li>• Appropriate games and activities linked to fundamental skills</li><li>• Creative use of equipment and playground markings</li><li>• Managing behaviour through structured play</li></ul>
Course Leader:	Gill McGough
Cost:	£25.00 + VAT
Other Information:	

## ***Leading outstanding teaching and learning in PE across the school***

Course Number	10
Date:	Tuesday 1 <sup>st</sup> December 2015
Time:	9.00am - 3.30pm
Venue:	St Columbas Catholic Primary School, Hillside Road, Huyton, Knowsley L36 8BL
Target Group:	Head Teachers and all primary teachers especially those with a responsibility for PE.
Course Details:	A one day course that will help you to effectively lead and manage the development of high quality outstanding teaching and learning within PE and across the school
Course Leader:	Gill Parry – Youth Sport Trust
Cost:	£50 + VAT
Other Information:	Lunch not provided please bring a packed lunch

## Primary Rounders Course

Course Number	11
Date:	Friday 15 <sup>th</sup> January 2016
Time:	1.00pm – 3.00pm
Venue:	The Hawthorne's Sports Centre, Fernhill Road, Bootle, L20 6AQ
Target Group:	All KS1 and KS2 Teachers or any person delivering or supporting primary PE e.g. classroom assistant, learning support staff, parents, other helpers etc.
Course Details:	<p>This course is designed to introduce teachers and leaders to the basic principles of the striking and fielding activities of rounders and is particularly aimed at Key Stages 1 and 2.</p> <p>The course will include the following:</p> <ul style="list-style-type: none"> <li>• The introduction of small sided striking and fielding games</li> <li>• Skills activities related to rounders</li> <li>• The rules of rounders</li> <li>• The organisation of a rounders lesson</li> </ul>
Course Leader:	Cath Rawstron – Specialist PE teacher
Cost:	£25.00
Other Information:	<ul style="list-style-type: none"> <li>• You will need to come in sportswear. Participants will be expected to take part in the activities.</li> </ul>

## Primary Athletics

Course Number:	12
Date:	Tuesday 19 <sup>th</sup> January 2016
Time:	3.45pm – 5.30pm
Venue:	Eccleston Lane Ends Primary School Albany Avenue, Prescot, L34 2QN
Target Group:	All KS1 and KS2 Teachers or any person delivering or supporting primary PE e.g. classroom assistant, learning support staff, parents, other helpers etc
Course Details:	<p>This practical course covers the following:</p> <ul style="list-style-type: none"><li>- Warming up/cooling down</li><li>- Progression activities</li><li>- Inclusion and differentiation</li><li>- Involving large numbers in small spaces</li><li>- Current National Curriculum PE – 4 strands of learning</li><li>- Organisation of groups</li><li>- Use of equipment and appropriate resources</li><li>- Familiarisation of resource cards</li></ul>
Course Leader:	Diane Murphy
Cost:	£25.00
Other Information:	<ul style="list-style-type: none"><li>• The course has some practical elements so please come appropriately dressed.</li></ul>

## ***Lesson Planning and Curriculum Design PE***

Course Number	13
Date:	Tuesday 26 <sup>th</sup> January 2016
Time:	9.00am - 3.30pm
Venue:	St Columbas Catholic Primary School, Hillside Road, Huyton, Knowsley L36 8BL
Target Group:	Head Teachers and all primary teachers especially those with a responsibility for PE.
Course Details:	A one day course that focuses in the principles of short and medium planning, it will provide practitioners with support in planning lessons and units of work in PE that are inclusive, provide appropriate challenge and promote effective learning at all key stages.
Course Leader:	Gill Parry – Youth Sport Trust
Cost:	£50.00 + VAT
Other Information:	

## Quicksticks Hockey

Course Number	14
Date:	Tuesday 2 <sup>nd</sup> February 2016
Time:	3.45pm – 5.30pm
Venue:	Da La Salle School, Mill Brow, St Helens, WA10 4HQ – TBC
Target Group:	All KS1 and KS2 Teachers or any person delivering or supporting PE e.g. classroom assistant and learning support staff
Course Details:	<p>The course objectives are as follows:</p> <ul style="list-style-type: none"><li>• Introduction of Quicksticks</li><li>• To understand how Quicksticks is played</li><li>• To understand how the resources work – Curriculum Resource and Challenge Cards</li><li>• To ensure safe practise in the delivery of Quicksticks</li><li>• Increase confidence of teachers/community sports coaches to deliver Quicksticks</li></ul>
Course Leader:	Diane Murphy
Cost:	£25.00
Other Information:	This course will be practical please dress appropriately



## *Inclusive PE*

Course Number	15
Date:	Monday 16 <sup>th</sup> May 2016
Time:	3.45pm – 5.30pm
Venue:	Bleak Hill Primary School, Hamilton Road, Windle, St Helens, WA10 6HG
Target Group:	All KS1 and KS2 Teachers or any person delivering or supporting children in PE with SEN e.g. classroom assistant, learning support staff, nursery nurse, parents, other helpers etc.
Course Details:	<p>Key aims are to provide:</p> <ul style="list-style-type: none"> <li>• Specific ideas and strategies to support the inclusion of young disabled people in physical activity and sport, particularly those who have higher support needs.</li> <li>• A vehicle for the inclusion of disabled and non-disabled young people in physical activity and sport</li> <li>• A basic introduction to a wide range of competitive sports including three Paralympic sports</li> </ul>
Course Leader:	Teaching staff from Clare Mount Specialist Sports College
Cost:	£25.00 + VAT
Other Information:	This course will be practical please dress appropriately

## KS1 Fundamentals (TOP Play)

Course Number	16
Date:	Tuesday 23 <sup>rd</sup> February 2016
Time:	3.45pm – 5.30pm
Venue:	Bleak Hill Primary School, Hamilton Road, Windle, St Helens, WA10 6HG
Target Group:	All KS1 Teachers or any person delivering or supporting KS1 PE e.g. classroom assistant, learning support staff, nursery nurse, parents, other helpers etc
Course Details:	<p>This practical course covers the following:</p> <ul style="list-style-type: none"><li>• Familiarise you with the cards</li><li>• Demonstrate the use of STEP (Space, Task, Equipment, People) in lessons</li><li>• Show how the resource can be embedded in to your curriculum</li><li>• Challenge you to integrate the resource to the 4 Physical Education strands of learning</li><li>• Offer practical ideas and uses for the resource</li></ul>
Course Leader:	Diane Murphy
Cost:	£25.00
Other Information:	<ul style="list-style-type: none"><li>• This course will be practical please dress appropriately</li><li>• All participants will receive TOP Play resource cards</li></ul>

## ***Being an effective leader of PE, healthy lifestyles and school sport***

Course Number	17
Date:	Tuesday 1 <sup>st</sup> March 2016
Time:	9.00am - 3.30pm
Venue:	St Columba's Catholic Primary School, Hillside Road, Huyton, Knowsley L36 8BL
Target Group:	Head Teachers and all primary teachers especially those with a responsibility for PE.
Course Details:	A one day course that will help you to: understand the role of a PE Co-ordinator and shape a vision for PE and school sport in your school.
Course Leader:	Gill Parry – Youth Sport Trust
Cost:	£50 + VAT
Other Information:	

## Primary Tennis

Course Number	18
Date:	TBC
Time:	1.30pm – 4.30pm
Venue:	Widnes Tennis Academy, Highfield Road, Widnes, WA8 7DW
Target Group:	All KS1 and KS2 Teachers or any person delivering or supporting primary PE e.g. classroom assistant, learning support staff, parents, other helpers etc.
Course Details:	<p>This 3 hour course has been designed to give primary school teachers the confidence and the tools to deliver tennis to a class of children in a small space.</p> <p>The course is supported by an innovative DVD, which is pupil facing and delivers and demonstrates the activities directly to children, allowing the teacher to do what they do best, teach.</p> <p><i>All attendees receive the DVD, a lesson plan handbook and a mini tennis equipment pack including 30 rackets, 60 balls a net and a kit bag. (limited to one per school and those not previously supported)</i></p>
Course Leader:	David Patterson – Lawn Tennis Association
Cost:	£25.00
Other Information:	<ul style="list-style-type: none"> <li>• This course will be practical please dress appropriately</li> <li>• All schools will receive a <b>free bag of tennis equipment</b> including zig net, 30 rackets and balls</li> </ul>

## Cardio Tennis

Course Number	19
Date:	TBC
Time:	TBC
Venue:	Widnes Tennis Academy, Highfield Road, Widnes, WA8 7DW
Target Group:	Secondary School PE staff
Course Details:	This new 3 hour course has been developed to provide secondary school teachers with the knowledge and skills to deliver Cardio Tennis within a school environment. Cardio tennis is a series of tennis based drills and activities played to up tempo music on a tennis court. It's a great tool to engage all young people, regardless of their previous tennis experience. The course is supported by Cardio Tennis teacher resource and cardio tennis equipment starter pack (limited one per school).
Course Leader:	Lawn Tennis Association
Cost:	£25.00 = VAT
Other Information:	<ul style="list-style-type: none"> <li>This course will be practical please dress appropriately</li> </ul>

## ECB Cricket for Teachers

Course Number	20
Date:	TBC
Time:	TBC
Venue:	TBC
Target Group:	All Teachers, teaching assistants, higher level teaching assistants and other adults supporting learning within schools
Course Details:	This practical course will help participants understand how cricket can be used to deliver high quality PE and school sport and introduce the power and versatility of the new Howzat resource.
Course Leader:	England Cricket Board Tutor
Cost:	£25.00
Other Information:	<ul style="list-style-type: none"> <li>This course will be practical please dress appropriately</li> </ul>

## *Inclusive Tennis*

Course Number	21
Date:	Tuesday 3 <sup>rd</sup> May 2016
Time:	TBC
Venue:	Lansbury Bridge School and Sports College Lansbury Avenue, St Helens, WA9 1TB
Target Group:	Teachers and teaching assistance in Special Schools and those teaching disabled young people in mainstream education
Course Details:	<p>The three hour Inclusive Tennis Teacher training course has been designed to give teachers and teaching assistance in Special Schools and those teaching disabled young people in mainstream education, the confidence and tools to deliver tennis to a class of children in a small space. The course is supported by a Special schools resource and equipment pack.</p> <p>Each teacher attending the course receives.</p> <ul style="list-style-type: none"> <li>• Schools Tennis Inclusive equipment Pack (one per school)</li> <li>• Special Schools Tennis Teacher resource</li> <li>• Guide to schools tennis</li> <li>• Schools Tennis Competition Guide</li> <li>• Tennis Activity Week Pack</li> <li>• Out of School Hours Tennis Club Toolkit</li> </ul>
Course Leader:	Lawn Tennis Association
Cost:	£25.00 + VAT
Other Information:	<ul style="list-style-type: none"> <li>• This course will be practical please dress appropriately</li> </ul>



## Outdoor Adventure

Course Number	22
Date:	Monday 9 <sup>th</sup> May 2016
Time:	3.45pm – 5.30pm
Venue:	Bleak Hill Primary School, Hamilton Road, Windle, St Helens, WA10 6HG
Target Group:	All KS2 Teachers or any person working within a primary PE e.g. classroom assistant, learning support staff, parent, other helpers etc.
Course Details:	<p>This practical course covers the following:</p> <ul style="list-style-type: none"><li>- Warming up/cooling down</li><li>- Progression activities</li><li>- Inclusion and differentiation</li><li>- Involving large numbers in small spaces</li><li>- Current National Curriculum PE – 4 strands of learning</li><li>- Organisation of groups</li><li>- Use of equipment and appropriate resources</li><li>- Problem solving activities</li><li>- Map reading skills</li><li>- How to produce your own resources</li></ul>
Course Leader:	Diane Murphy
Cost:	£25.00 + VAT
Other Information:	<ul style="list-style-type: none"><li>• This course will be practical please dress appropriately</li></ul>



## ***Amateur Swimming Association - Fundamentals of School Swimming (old module 1)***

Course Number:	23
	<p>This course is delivered <b>online only</b>. If you would like to access the course you will need to purchase a voucher by completing a booking form and then the course can be complete in your own time. Certificate will be issued within 6 weeks of completion</p> <p>Leaners who complete the Fundamentals will be able to assist in the delivery of school swimming and understand the core principles of the national Curriculum, within a primary School environment.</p> <p>Fundamental of School swimming is the pre-requisite to undertake Aquatic Skills of School Swimming (old module 2).</p>
Target Group:	All KS1 and KS2 Teachers or any person working within a primary school swimming programme e.g. classroom assistant, learning support staff, nursery nurse, qualified swimming teachers, parent, other helpers etc.
Course Details:	<p>The course will cover:</p> <ul style="list-style-type: none"> <li>• Safeguarding and protecting children</li> <li>• Organisation of the learning environment</li> <li>• Introduction to the strokes</li> <li>• Swimming and water safety in the National Curriculum</li> </ul>
Course Leader:	Online resource
Cost:	£45.00 + VAT
Other Information:	Once a booking is received a voucher code will be sent to access the course

## **Amateur Swimming Association – Aquatics Skills of School Swimming (old module 2)**

*This is delivered face to face*

Course Number:	24
Date:	TBC - April 2016
Time:	9.00am – 3.30pm
Venue:	Knowsley Leisure and Culture Park, Longview Drive, Huyton, L36 6EG
Target Group:	All KS1 and KS2 Teachers or any person working within a primary school swimming programme e.g. classroom assistant, learning support staff, nursery nurse, qualified swimming teachers, parent, other helpers etc.
Course Details:	<p>The course will cover:</p> <ul style="list-style-type: none"> <li>• Planning and preparing aquatics sessions</li> <li>• Additional skills</li> <li>• Key aspects of progression, attainment and assessment</li> <li>• Practical observation</li> <li>• Candidates teaching pupils</li> </ul>
Course Leader:	- British Swimming Tutor
Cost:	£75.00 + VAT
Other Information:	<ul style="list-style-type: none"> <li>• Learners must hold either a Module 1 (2008-14) or Fundamentals of School Swimming</li> <li>• Please note lunch will not be provided please bring a packed lunch</li> <li>• The course has some practical elements which include going on poolside and teaching children. Candidates will <u>not</u> be asked to go into the water.</li> </ul>