

FOUR BOROUGHES

Primary PE and School Sport Continuous Professional Development Courses 2014/15



Introduction

Welcome to the Four Borough's continual professional development programme for PE and School Sport. We are building on the success of last years programme which saw over four hundred teachers and support staff trained. Again this year we are offering a range of courses to equip staff with the necessary skills to tackle the issues affecting schools today. We have training and guidance on all aspects of physical education from the new primary PE curriculum to health and safety.

Included in the brochure:

- Subject and curriculum courses
- Practical training courses for teachers, TA's at KS1 & KS2 and support staff including gymnastics, dance, swimming, outdoor Adventurous activities and sport specific games
- The new PE curriculum , Safe Practice in PE, Ofsted Ready

Remember professional development of teachers to ensure sustainable delivery, is one of the best ways to spend your school sport premium funding.

Please book early to avoid disappointment. To reserve a place on any course please complete the booking form.

Ofsted Ready

Course Number	1
Date:	Friday 3 rd October 2014
Time:	1.00pm – 3.00pm
Venue:	St Oswald's Church of England Primary School, Ronald Ross Avenue, Netherton, L30 5RH
Target Group:	All Primary teachers especially those with a responsibility for PE.
Course Details:	<p>"Are you Ofsted ready?"</p> <p>Using the recommendations of the latest Ofsted report "Beyond 2012 - Outstanding PE For All" in order to raise standards in PE & Sport this course will consider:</p> <ul style="list-style-type: none"> • Do we have outstanding teaching in PE? • How do we know and what evidence can we collect / provide? • How can we demonstrate a positive impact on learning? <p>It will also consider Ofsted's role in monitoring the "Sport Premium" and the use of a self-audit tool for PE & Sport to support action planning.</p>
Course Leader:	Gill McGough
Cost:	£25.00
Other Information:	

Dance – basic skills

Course Number	2
Date:	Monday 6 th October 2014
Time:	3.45pm – 5.30pm
Venue:	Kirkby High School, Bracknell Avenue, Kirkby, L32 9PP
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"> • identify specific needs within the delegates for themselves, pupils and school • Explore basic structure of a dance class and how this can be developed using different themes what makes dance special • ideas for warm up and cool downs and the creative process • how to teach dance in order to meet QCA and OFSTED guidelines
Course Leader:	Rebound Dance
Cost:	£25.00
Other Information:	<ul style="list-style-type: none"> • This course will be practical please dress appropriately

New PE Curriculum 2014

Course Number	3
Date:	Tuesday 7 th October 2014
Time:	3.45pm – 5.00pm
Venue:	St Oswald's Church of England Primary School, Ronald Ross Avenue, Netherton, L30 5RH
Target Group:	For Head Teachers and all Primary teachers especially those with a responsibility for PE.
Course Details:	<p>From September 2014 all schools will be delivering the new curriculum for PE. This workshop will consider:</p> <ul style="list-style-type: none">• The changes from old to new• The implications for subject managers and class teachers• Help schools identify what needs to be done in ensuring that the new curriculum is effectively delivered for the benefit of all learners• How might the Sport Premium be used to best effect• What will OFSTED expect to see
Course Leader:	Gill McGough
Cost:	£25.00
Other Information:	-

KS2 Gymnastics

Course Number	4
Date:	Thursday 16 th October
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"> - Warming up/cooling down - Progression activities - Inclusion and differentiation - Involving large numbers in small spaces - Current National Curriculum PE – 4 strands of learning - Organisation of groups - Use of equipment and appropriate resources
Course Leader:	Diane Murphy
Cost:	£25.00
Other Information:	<ul style="list-style-type: none"> • This course will be practical please dress appropriately

Trampolining Refresher

Course Number	5
Date:	Friday 17 th October 2014
Time:	9.00am – 3.30pm
Venue:	Wade Deacon High School, Birchfield Rd, Widnes, WA8 7TD
Target Group:	It is a recommendation that those coaching trampoline in schools attend a refresher course every 3 years. To attend the refresher course you will need to hold either a British Gymnastics teachers trampoline qualification, a British Gymnastics trampoline coach level two or a BTF (British Trampoline refresher) Coach qualification. Copies of certificates will need to be shown to ensure eligibility to attend.
Course Details:	<p>This refresher course will provide:</p> <ul style="list-style-type: none"> • Revision of Safety & Code of Practice, also unfolding / folding • Use up-to-date supporting and teaching techniques • Basic body landings- Shaped seat, back & front landings • Competitions, routine construction & tariffing of skills <p>A British Gymnastics Resource Pack and certified British Gymnastics Trampolining certificate will be provided.</p>
Course Leader:	Marie Fisher - Trampolining Tutor British Gymnastics
Cost:	£90
Other Information:	<ul style="list-style-type: none"> • This course will be practical please dress appropriately • Refreshments will be provided, please bring a packed lunch

Change 4 Life

Course Number:	6
Date:	Monday 3 rd November 2014 - TBC
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"> • Identify the main objectives of C4L Primary Sports Clubs • Identify the target group of children and ways to engage them in the club • Support schools plan the delivery of a club session
Course Leader:	Youth Sport Trust - Tutor
Cost:	FREE
Other Information:	<ul style="list-style-type: none"> • Each school will receive a FREE equipment bag (worth £800) along with a resource booklet for each pupil participating in the club. • The school will be expected to deliver their own weekly Change 4 Life sports club and report termly on monitoring data. • The course has some practical elements please dress appropriately.

KS1 Fundamentals (TOP Play)

Course Number	7
Date:	Thursday 6 th November 2014
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">• Familiarise you with the cards• Demonstrate the use of STEP (Space, Task, Equipment, People) in lessons• Show how the resource can be embedded in to your curriculum• Challenge you to integrate the resource to the 4 Physical Education strands of learning• Offer practical ideas and uses for the resource
Course Leader:	Diane Murphy
Cost:	£25.00
Other Information:	<ul style="list-style-type: none">• This course will be practical please dress appropriately• All participants will receive TOP Play resource cards

Gymnastics – Vaulting

Course Number	8
Date:	Wednesday 19 th November 2014
Time:	3.45pm – 5.30pm
Venue:	Kirkby High School, Bracknell Avenue, Kirkby L32 9PP
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">• Basic jumps• Developing good posture• Progression to Vaulting• Links with Key Steps Gymnastics
Course Leader:	Janice Wilson – Gymnastic Coach
Cost:	£25.00
Other Information:	<ul style="list-style-type: none">• This course will be practical please dress appropriately

Netball

Course Number	9
Date:	Friday 21 st November
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"> • Wide range of skills and drills including the correct techniques • Elements involved in progressive practice
Course Leader:	Cath Rawstron – PE Specialist Teacher
Cost:	£25.00
Other Information:	<ul style="list-style-type: none"> • This course will be practical please dress appropriately

Outdoor Adventure

Course Number	10
Date:	Wednesday 3 rd December
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"> - Warming up/cooling down - Progression activities - Inclusion and differentiation - Involving large numbers in small spaces - Current National Curriculum PE – 4 strands of learning - Organisation of groups - Use of equipment and appropriate resources - Problem solving activities - Map reading skills - How to produce your own resources
Course Leader:	Diane Murphy
Cost:	£25.00
Other Information:	<ul style="list-style-type: none"> • This course will be practical please dress appropriately

Ofsted Ready

Course Number	11
Date:	Wednesday 14 th January 2015
Time:	3.45pm – 5.30pm
Venue:	St Bedes Catholic Junior, Appleton Village, Widnes WA8 6EL
Target Group:	Head Teachers and all primary teachers especially those with a responsibility for PE.
Course Details:	<p>"Are you Ofsted ready?"</p> <p>Using the recommendations of the latest Ofsted report "Beyond 2012 - Outstanding PE For All" in order to raise standards in PE & Sport this course will consider:</p> <ul style="list-style-type: none"> • do we have outstanding teaching in PE? • How do we know and what evidence can we collect / provide? • How can we demonstrate a positive impact on learning? <p>It will also consider Ofsted's role in monitoring the "Sport Premium" and the use of a self audit tool for PE & Sport to support action planning.</p>
Course Leader:	Gill McGough
Cost:	£25.00
Other Information:	

Kids First Rugby Teachers Course

Course Number	12
Date:	Tuesday 20 th January 15 (TBC)
Time:	1.00pm – 4.00pm
Venue:	South Sefton Sixth Form College, Sterrix Lane, Litherland L30 2DB
Target Group:	All KS2 Teachers or any person delivering games e.g. teaching assistant, learning support staff, parents, other helpers etc.
Course Details	<p>The course is designed to support the delivery of PE and extra-curricular sport at Upper Key stage 2.</p> <p>Developing children’s confidence, capable young people first is at the core of the rugby Football Union’s offer to schools. Using rugby union as a vehicle for developing young people’s personal and social skills alongside their rugby skills can have a dramatic impact on all aspects of their lives and has real whole school impact. On completion of the course you will:</p> <ul style="list-style-type: none"> • Be fully aware of the holistic needs of children playing sport and be able to meet the needs when delivering rugby union sessions. • An understanding of how to teach rugby union in a fully inclusive, engaging and enjoyable way. • Be able to enhance learning and children’s motivation through the use of rewards • Be able to use rugby union to meet the outcomes of the new National Curriculum for PE
Course Leader:	The Rugby Football Union
Cost:	£25.00
Other Information:	<ul style="list-style-type: none"> • This course will be practical please dress appropriately • Every delegate receives a teacher and pupil resource pack to support their teaching of rugby union.

Risk Management in PE and School Sport

Course Number	13
Date:	Wednesday 28 th January 2015
Time:	3.45pm – 5.30pm
Venue:	Ditton Primary School, Liverpool Road, Widnes, WA8 7HD
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">• current advice (Association for Physical Education 2012)• roles and responsibilities• case law• Risk Assessments Direct reference will be made to the 2012 AfPE Safe Practice document'
Course Leader:	Gill McGough
Cost:	£25.00
Other Information:	

High Quality Playground Activities

Course Number	14
Date:	Thursday 5 th February 2015
Time:	3.45pm – 5.30pm
Venue:	St Oswald's Church of England Primary School, Ronald Ross Avenue, Netherton, L30 5RH
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:	This workshop is suitable for anyone supporting playground activity in the school environment. It will consider: <ul style="list-style-type: none"> • Appropriate games and activities linked to fundamental skills • Creative use of equipment and playground markings • Managing behaviour through structured play
Course Leader:	Gill McGough
Cost:	£25.00
Other Information:	

Tri Golf

Course Number	15
Date:	Wednesday 11 th February 2015
Time:	3.45pm – 5.30pm
Venue:	Kirkby High School, Bracknell Avenue, Kirkby, L32 9PP
Target Group:	All KS1 and KS2 Teachers or any person working within primary PE e.g. classroom assistant, learning support staff, , qualified, parent, other helpers , Young Leaders
Course Details:	<p>In order to ensure that the equipment is used effectively and safely, a practical 2-hour workshop is available, specially designed to help teachers deliver Tri-Golf successfully within the school setting. By the end of the workshop, teachers should be able to:</p> <ul style="list-style-type: none"> • Introduce golf to a large group of children in a fun and safe way • Use a variety of game cards and equipment to maximise inclusion and progression of activity • Understand and apply simple games to aid learning • Enjoy enhance competence and confidence in delivering Tri golf to children <p>In addition, as the workshop has been geared towards the needs of teachers, those attending should be able to:</p> <ul style="list-style-type: none"> • Link Tri-Golf to the four strands of the PE Curriculum (Key stages 1 and 2) • Link Tri Golf to other areas of the curriculum such as maths, using the Tri-Golf Numeracy book. <p>Understand follow-on opportunities for their pupils within local community coaching programmes and through links to local golf clubs</p>
Course Leader:	Andy Leigh - The Golf Foundation
Cost:	£25.00
Other Information:	<ul style="list-style-type: none"> • Participants will need to come in sportswear. Participants will be expected to take part in the activities. • Teachers will receive a manual containing 5 lesson plans linked to the Key Stage 2 curriculum, resources for running a skills festival, posters and information about Tri-Golf Skills Award scheme • Young volunteers will receive an abbreviated version of the manual without lesson plans.

Primary PE and School Sport Conference

Course Number	16
Date:	Tuesday 24 th February 2015
Time:	1.00pm – 4.00pm
Venue:	Crosby Lakeside and Adventure Centre, Cambridge Road, Waterloo, Liverpool, Merseyside, L22 1RR (TBC)
Target Group:	Head Teachers and Primary teachers especially those with a responsibility for PE.
Course Details:	<p>This workshop provides an opportunity to learn from the industry leaders in sport and education on how the latest developments in school sport can assist teachers.</p> <ul style="list-style-type: none">• Guest Speaker• Youth Sport Trust Update• Network Tables<ul style="list-style-type: none">○ School Games Mark○ Change for Life Clubs○ School Games Crews○ School Games Website○ Increasing intra school competition○ Plus much more
Course Leader:	Various deliverers
Cost:	FREE
Other Information:	

Primary Rounders Course

Course Number	17
Date:	Friday 27 th February 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 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"> • The introduction of small sided striking and fielding games • Skills activities related to rounders • The rules of rounders • The organisation of a rounders lesson
Course Leader:	Cath Rawstron – Specialist PE teacher
Cost:	£25.00
Other Information:	<ul style="list-style-type: none"> • You will need to come in sportswear. Participants will be expected to take part in the activities.

Primary Athletics

Course Number:	18
Date:	Thursday 5 th March 2015
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 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">- Warming up/cooling down- Progression activities- Inclusion and differentiation- Involving large numbers in small spaces- Current National Curriculum PE – 4 strands of learning- Organisation of groups- Use of equipment and appropriate resources- Familiarisation of resource cards
Course Leader:	Diane Murphy
Cost:	£25.00
Other Information:	<ul style="list-style-type: none">• The course has some practical elements so please come appropriately dressed.

Primary Tennis Course

Course Number	19
Date:	Thursday 12 th March 2015
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"> • This course will be practical please dress appropriately • All schools will receive a free bag of tennis equipment including zig net, 30 rackets and balls

ECB Cricket for Teachers

Course Number	20
Date:	Monday 16 th March 2015 (TBC)
Time:	3.45pm – 5.30pm
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">This course will be practical please dress appropriately

Amateur Swimming Association Certificate for Teaching School Swimming Module 1

Course Number:	21
Date:	TBC
Time:	9.00pm – 3.00pm
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 provide:</p> <p>Unit 1 – Introduction to Working in a Pool Environment</p> <ul style="list-style-type: none">• Responsibilities and Relationships• Health and Safety in the Aquatic Environment• Safeguarding and Protecting Children• Organisation of the learning environment• Swimming and water safety in the National Curriculum <p>Unit 2 – Working with Non Swimmers and Beginners</p> <ul style="list-style-type: none">• Developing water confidence• Introduction to the strokes
Course Leader:	- British Swimming Tutor
Cost:	£40
Other Information:	<ul style="list-style-type: none">• Please note lunch will not be provided please bring a packed lunch• 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.

Sportability

Course Number	22
Date:	June 2015 (TBC)
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"> • Specific ideas and strategies to support the inclusion of young disabled people in physical activity and sport, particularly those who have higher support needs. • A vehicle for the inclusion of disabled and non-disabled young people in physical activity and sport • A basic introduction to a wide range of competitive sports including three Paralympic sports
Course Leader:	Teaching staff from Clare Mount Specialist Sports College
Cost:	FREE
Other Information:	This course will be practical please dress appropriately