

THURSDAY 9TH JUNE 2021 - 12.45-4PM

BARTESTREE VILLAGE HALL, HR1 4BY

1PM - WELCOME

1.15PM - CHOICE OF:

TABLE CRICKET

The session will teach you about the basics of table cricket; from the setting up of a table, to the running of a session. You'll learn the rules of the game, adaptations to make it inclusive for all and some fun games to practice bowling, batting and fielding skills.

HANDBALL

Handball is a growing sport in this country and can be an excellent team sport to 'level the field' as it's new to so many. Through this session, you will learn some basic rules, techniques and activities to introduce it to your school!

CREATE DEVELOPMENT BURSTS!

This workshop will explore the benefits and challenges to engaging children and families beyond the school day in physical activity. It will also introduce the BURSTS app - transforming EVERY child's physical literacy and wellbeing by bridging the gap between school and home

2.10PM - CHOICE OF:

PHYSICALLY ACTIVE LEARNING

An introduction to how physical activity can be incorporated into classroom lessons, focussing on English and maths. Delegates will be taken through a few examples and look at how they can incorporate activity into their lessons

BASKETBALL

This workshop will support you to confidently deliver basketball to your young people. Nick has experience teaching and coaching basketball in both schools and clubs. The session explore ball handling, passing and shooting ideas as well as defensive stance

INCLUSIVE RUGBY

Delivered by The Warriors Community Foundation, the session will explore the ways in which rugby can be made more inclusive to engage all pupils. You'll go away with a basic knowledge of disability sports coaching & how to adapt sessions to create inclusive environments

3.05PM - CHOICE OF:

FUNCTIONAL FITNESS

This workshop will explore the benefits of functional fitness, simple exercises and how you can incorporate exercises within the school day. Delivered by a primary school teacher and trainer from Bull Functional Fitness,

ORIENTEERING

Orienteering is an exciting, accessible outdoor activity which can be run at any level around the school grounds with minimum resources. This workshop will look at the basics and provide lots of fun ideas for how to run your own engaging sessions back at school.