



STRIDE
ACTIVE

TRAINING & PROFESSIONAL DEVELOPMENT



INSPIRING ACTIVE FUTURES





SUPPORTING TEACHERS &
SCHOOL STAFF TO INCREASE
THEIR KNOWLEDGE &
CONFIDENCE TO DELIVER PE,
SPORT & PHYSICAL ACTIVITY.

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LUNCHTIME SUPERVISOR TRAINING

OVERVIEW:

This course will give lunchtime supervisors practical ideas that they can use during lunchtime to keep children active in the playground. Activities will be modelled and a number of different games explored. We will talk through the considerations when delivering games and practice delivery with the group. No previous experience is required.

OUTCOMES:

- Understand how to organise the playground
- Understand how to set up playground games
- Observe how to deliver playground games
- Have an understanding of inclusivity and safety when delivering games

KEY INFORMATION:

1 ½ hours

Morning or afternoon at your school

Handouts with game ideas

£150 total

"Training the lunchtime supervisors was really important for our school to increase activity levels during lunch time and also improve behaviour"

St Pauls Primary School

PLAYGROUND LEADER TRAINING

OVERVIEW:

This course is designed to give pupils an introduction to leadership and experience of delivering activities on the playground. It will provide your young leaders with practical skills and ideas that they can use during lunchtime to help keep younger children active in the playground. We will introduce them to the principles and skills needed to lead games, demonstrate some example games and provide them with practice opportunities.

OUTCOMES:

- Understand the qualities of a good leader and the skills needed
- Understand how to set up playground games
- Observe how to deliver playground games
- Practical delivery of games to a younger audience

KEY INFORMATION:

2 hours

Morning or afternoon at your school

Supports whole-school outcomes

Handouts provided

Aimed at older year groups, but a younger class will also be required for the training to practice delivery

£150 total

"I feel it's a skill that all children should have the opportunity to do. It brings out confidence in children that may not necessarily be the best at P.E but make excellent coaches and leaders. The younger children respond well to their peers organising games for them to play can inspire them to want to do the same as they move up the school."

Stretton Sugwas Primary School

PE COORDINATOR MEETINGS

OVERVIEW:

This is a termly meeting for Primary PE coordinators. The meeting will update schools on local, regional and national agenda items, upcoming CPD and event opportunities, whilst providing a forum for idea sharing ideas, challenges and good practice.

OUTCOMES:

- Knowledge of local opportunities for your school & pupils
- Achieve ongoing CPD and support through a collective network
- Ongoing understanding of how PE can contribute to whole-school outcomes

KEY INFORMATION:

1 hour, after school
Online
£30 per person or free if you're a membership school
Non-PE Co-ordinators also welcome



KEY UPDATES

OVERVIEW:

Key updates offer in-depth insight into specialist topic areas, relating to PE, physical activity, health and wellbeing. Sessions are delivered by experts from their respective disciplines, which focus on disseminating important information, approaches or problems and providing tangible take-aways to implement in your school. Key updates occur once per term, with topic areas informed by current issues.

KEY INFORMATION:

1 hour, after school

Online

£30 per person or free if you're a membership school

Non-PE Co-ordinators also welcome

OUTCOMES:

Specific to each key update. However all will focus on developing knowledge and understanding on specific topic areas.



GYMNASTICS SKILLS

OVERVIEW:

This session is an introduction to gymnastic skills and can be tailored to either KS1 or KS2. The session is designed to increase teachers' knowledge and confidence to delivery gymnastics within the curriculum. We can also include demonstrations of how to use equipment correctly and safely. There will be a practical element to the session.

Please note that this session is not an accredited British Gymnastics Course but it is delivered by a level 2 qualified gymnastics coach

KEY INFORMATION:

1 ½ hours

Delivered on school site

Can be delivered as twilight or as part of a staff INSET day

£150

OUTCOMES:

To feel more confidence when teaching basic gymnastics skills

To improve knowledge of progressions and how to teach basic skills safely

"It was really interactive! It has made me feel much more confident to teach gymnastics - especially things like rolls and handstands/cartwheels etc. It broke things down into small manageable steps that I could follow and I felt like it made it so that I could deliver it to the children with more confidence."

Ludlow Primary School

PE FOR THOSE IN THEIR FIRST YEARS OF TEACHING

OVERVIEW:

We recognise that PE is a subject that attracts minimal time in initial teacher training meaning that some teachers lack confidence to teach the subject.

This CPD session is for teachers who are newly qualified or have qualified in the last few years. It will focus on developing pedagogical knowledge and skills as well as developing confidence in the delegate to deliver high quality physical education in the primary school.

The course will use gym, games and dance activities to model the use of differentiation, questioning and progression in physical education lessons

KEY INFORMATION:

- 1 day
- Face to face workshop
- £200

OUTCOMES:

- Understand the difference between PE and Sport
- Understand the elements needed to develop the competent mover and how to integrate them into planning and delivery
- Understand the features of a high-quality PE lesson and be able to demonstrate some of the skills – differentiation, higher order questioning
- Have experienced a range of activities that they can use

PE OFSTED DEEP DIVE

OVERVIEW:

Being OFSTED ready is a phrase that is often quoted. But in reality, a good school is always ready for inspection. This session will look at the key components that a PE Coordinator needs to have in place as a matter of course and how they might be looked at if PE becomes a focus in the inspection. Using some examples from real inspections, we will look at the process of a deep dive and some of the questions thrown up.

OUTCOMES:

- Ensure that your school and PE lead knows what will be expected from a deep dive in PE
- To develop a school action plan in preparation for a deep dive in PE

Full Day Option - Mock deep dive

We will come to your school and look at all aspects of your PE, including observing classes. We will look in more detail on how PE is delivered, support for staff, progress and achievement. You will receive a report as part of this support.

KEY INFORMATION:

Delivered on site at your school

1 day

£400

Twilight Option

This session will give you clarity around the deep dive process, an understanding of the 3I's in a PE context and look at areas for development as a result of the discussion

KEY INFORMATION:

Delivered on site at your school

2 hours

£250

EMOTIONS IN MOTION



OVERVIEW:

Emotions in Motion explores positive emotional wellbeing alongside physical activity. Co-designed and delivered in partnership with Imagine for Schools (local organisation specialising in emotional and educational resilience) this training supports staff to develop a culture of emotional wellbeing in school and how to embed the video-based resources effectively.

KEY INFORMATION:

Half day training for 2 members of staff
£395 (for training and resource)

For more information or to book your place on the Emotions in Motion training, please visit www.imagineforschools.co.uk/emotion-in-motion

OUTCOMES:

- Recognise the importance for positive emotional health and wellbeing within children
- Feel confident in using physical activity to improve emotional resilience and wellbeing of pupils
- Understand how to use the resource as a catalyst for whole school engagement
- Support colleagues in using physical activity to further develop positive emotional wellbeing

REAL PE



We are pleased to partner with Create Development to support you to deliver an outstanding PE curriculum which meets the needs of every child and that every teacher is confident to deliver.

It is fully aligned to the National Curriculum and Ofsted requirements and focuses on the development of agility, balance, coordination, healthy competition and positive learning behaviours learning through a unique, child-centred approach to teaching and learning in PE.

We are able to deliver whole school training, subject leaders training and refresher courses in Herefordshire. Peter Knight is an experienced Create Development tutor and will continue to deliver training to our schools.

Alongside real PE, we're able to provide support and tutoring across a number of other Create Development programmes, including:

- **real gym:** a totally new and holistic approach that makes gym relevant, meaningful and challenging for every child
- **real dance:** a transformational programme that explores physical and artistic skills in new and exciting ways
- **real foundations:** an Early Years Foundation Stage programme that uses physical activity as the driver for children's learning, with a focus on developing children's physical, emotional and thinking skills
- **real leaders:** a unique programme that enables schools to support the development of children's leadership fundamentals in a fun and engaging way

Prices vary across the range of training opportunities; please contact us directly for more information or to book training.

BESPOKE SUPPORT

We know that sometimes schools might need a little bit more support, or something more specific.

We are able to provide 1:1 and group support for PE coordinators, teachers and other school staff to help improve their knowledge and confidence in delivering PE.

Examples of further support could include:

- 1:1 support for PE coordinators to understand their role
- Observing PE lessons to upskill the PE coordinator
- 1:1 teacher support to develop skills and confidence
- Training for support staff to increase activity and support lessons

Prices vary dependent on the support requested; please contact us directly to discuss your needs further.

"I feel that my lesson pace has improved which has positively impacted on both the structure, approach and behaviour management within lessons. I have a clearer understanding of how to involve children in getting out/putting away equipment and working in a safe way. Thank you so much for helping me in my professional development!"

Kimbolton Primary School

TALK TO US TO FIND OUT MORE

If you are interested in any of the training opportunities outlined, please contact Emma (Education & Health Manager).

emma@strideactive.org

07305 051765

ALTERNATIVE TRAINING OPPORTUNITIES

We work with individual schools, federations and MATs to design bespoke training to meet your needs. Please get in touch to find out more.

In addition, we run open training courses. Details of these can be found on our website (www.strideactive.org/events) and social media (Twitter: @stride_active / Facebook: strideactive1).