



**STRIDE**  
ACTIVE

# TRAINING & PROFESSIONAL DEVELOPMENT

**2024-25**





**SUPPORTING TEACHERS AND  
SCHOOL STAFF TO INCREASE  
THEIR KNOWLEDGE AND  
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

£165 total

# 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)

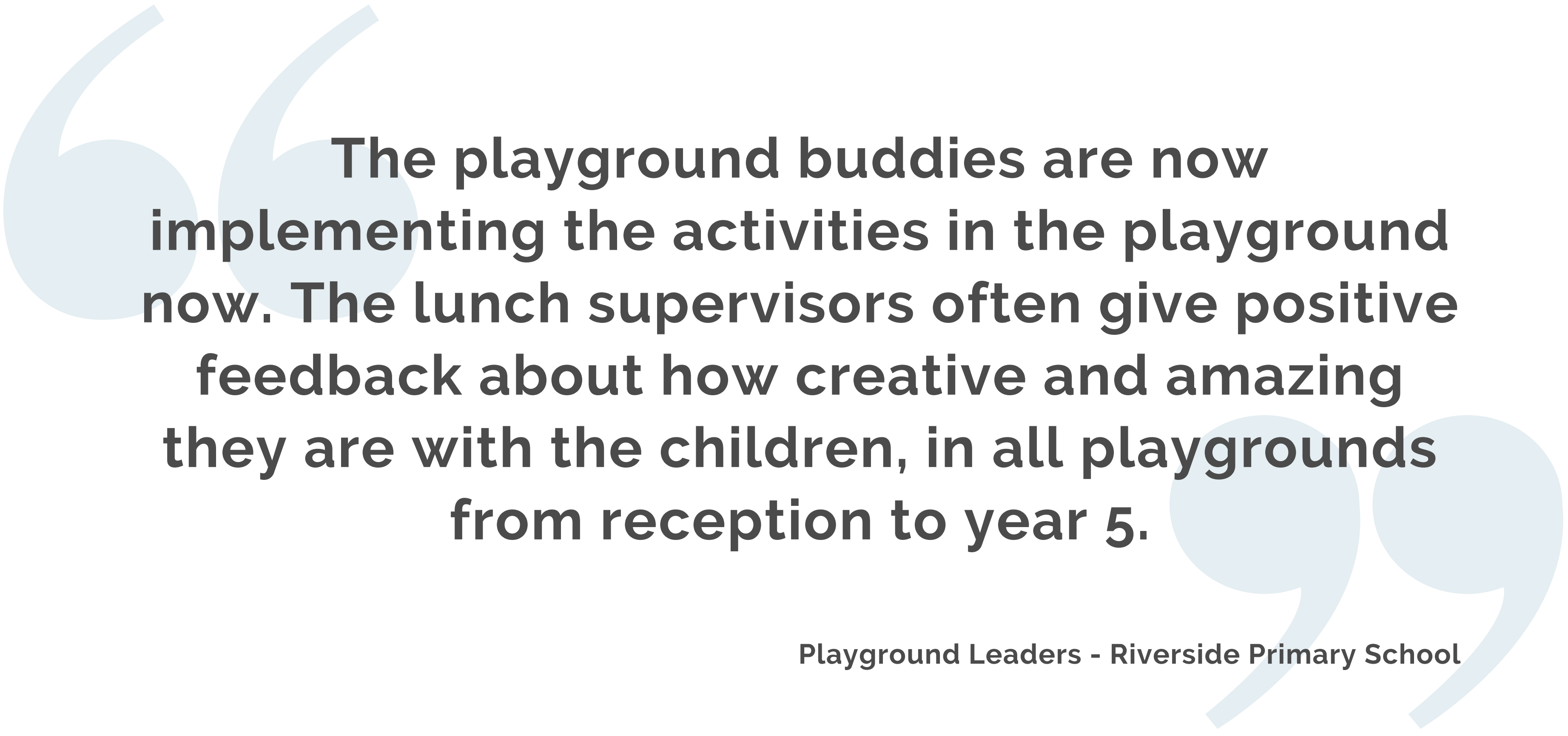
Supports whole-school outcomes

Handouts provided

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

£165 total





**The playground buddies are now implementing the activities in the playground now. The lunch supervisors often give positive feedback about how creative and amazing they are with the children, in all playgrounds from reception to year 5.**

**Playground Leaders - Riverside 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 partnership school

Non-PE coordinators 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.

## OUTCOMES:

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

## KEY INFORMATION:

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



# 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



## OUTCOMES:

- To feel more confidence when teaching basic gymnastics skills
- To improve knowledge of progressions and how to teach basic skills safely

## KEY INFORMATION:

1 ½ hours

Delivered on school site

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

£165

**The training was excellent. [The trainer] was enthusiastic and knowledgeable about the subject and was able to model and demonstrate what she meant.**

**She confidently answered our questions about how to adapt or implement different strategies and she highlighted the safety linked to the space we use as well as adapting the the equipment we had available.**

**The session involved a lot of practical (I was feeling the ache after!) but this was good because we were able to pick up on areas that children may also need support with and be put in their position.**

**Gymnastics Skills - Madley 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 full day, face to face training
- £240

## 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



**I feel confident that I could apply frameworks like STEP and questioning to take the burden off trying to think on my feet.**

PE for those in their first years of teaching - ECT



# PE SUBJECT LEADERSHIP

## OVERVIEW:

Leading PE in a school can be challenging. It is wide ranging, requiring the subject leader to have a clear understanding of PE, school sport and physical understanding, alongside a clear curriculum vision, a curriculum plan that meets the needs of all young people, a clear understanding of the CPD needed in school to deliver high quality lessons, assessment and budgeting.

These sessions are aimed at PE subject leaders who wish to develop their leadership of PE in their school. It will focus on the development of knowledge, understanding and the skills required to improve outcomes for young people through PE.


## KEY INFORMATION:

10 hours over the academic year  
Mix of face to face workshops and  
online delivery  
£500

## OUTCOMES:

- Improve knowledge of the key areas of PE, School Sport and Physical Activity
- Develop skills to be an effective subject leader





**The trainer was incredibly supportive from the beginning of the programme to the end. The feedback and advice that was given has really helped me to pick up on things that I perhaps may not have noticed within my day to day teaching of PE.**

**Subject Leader support - Garway Primary School**



# 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.

## 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

£420

## 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



**Last year was a great help as I think we were well prepared and ready - we didn't choose to have PE deep dive the inspectors looked at our website and decided they wanted to look at PE. They really dug deep into the impact of PE, sports premium and SEND within PE and Forest School.**

**Ofsted Mock Deep Dive - Much Birch**



# 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 teachers, other school staff and PE coordinators 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.**



**[The trainer] was also very flexible when it came to planning and preparation. I felt the support was very much bespoke to our needs which was much more valuable than a generic training course.**

**1:1 support - Shobdon 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) at **emma@strideactive.org**

If you have a Stride Active **Support Partnership** you can benefit from a concessionary rate on certain training courses. Starred courses are eligible for a 10% discount.

## **ALTERNATIVE TRAINING OPPORTUNITIES**

We work with individual schools, federations and MATs to design bespoke training to meet your needs. Please get in touch if you would like training that does not feature in this brochure.

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