

Good demonstrations and physically experiencing parts of the lesson were the most useful parts of the course. Very enjoyable and informative.' Linda Gaywood Longstone. 'Gymnastics in the School will improve because of development and progression of skills and core tasks through the years. Thank you for an excellent and valuable course.' Nikki Jefferey, Osmaston. 'Brilliant practical approach to how to teach a good Gymnastics lesson.' Dan Williams. Great Longstone 'The most useful part of the course was seeing how he apparatus can be used and how to use it progressively. Really useful session that will give me confidence to teach Gymnastics.' Cathy Walsh. St Joseph's. 'Good demonstrations and physically experiencing parts of the lesson were the most useful parts of the course. Very enjoyable and informative.' Linda Gaywood Longstone. 'Gymnastics in the School will improve because of development and progression of skills and core tasks through the years.

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First Grade Sports



CPD

2015-16

Welcome

Thank you for your interest in our CPD programme for Physical Education. Our courses are designed to give your staff practical ideas for delivery in a number of different activities. Attendees on our courses, will gain confidence in their ability to deliver high quality sessions, further underpinned by having the opportunity to use our schemes of work and lesson plans where required

Courses can be organised to suit the individual needs of your school or for a cluster of schools, most courses are available as twilight, half day or full day packages.

Thanks again for your interest in First Grade Sports, please do not hesitate to contact me, should you wish to discuss your requirements in further detail.

Jodie Smith

Director and Lead PE Practitioner



About us

Assessment in PE

Course Title	Assessment in PE
Key Stage	Key Stage 1 & 2
Target Audience	Teachers

Workshop Description

Candidates will be shown examples of how to show progress in PE using the new PE curriculum as the framework.

Outcomes

By the end of the workshop delegates should:

- Know how to measure pupils achievement in all areas of the PE National Curriculum.
- Know how to measure progress within a lesson and within a block of work.
- Identify gifted and talented pupils and ensure that these pupils continue to progress
- Ensure that all pupils show progress in all PE curriculum areas.

Gymnastics

Course Title	Gymnastics
Key Stage	Foundation, Key Stage 1 and Key Stage 2
Target Audience	Teachers/ Teaching Assistants
Resource	Gymnastics resources Gymnastics Lesson Plans

Workshop Description

This workshop and resource is designed to assist the teaching of Gymnastics. There will be practical examples of the core skills and core tasks used. Candidates will also be shown examples of how they could structure and deliver a high quality Gymnastics session.

Outcomes

By the end of the workshop delegates will:

- be familiar with the Gymnastics Resource
- be confident to teach the core skills in Gymnastics
- be familiar with the core tasks
- have learnt different types of rolls and how to support them
- know how to ensure progression across the year groups
- be equipped to plan and deliver Gymnastics in the curriculum

Gymnastics Apparatus

Course Title	Gymnastics Apparatus
Key Stage	Key Stage 1 & 2
Target Audience	Teachers
Resource	Apparatus cards and Gymnastics cards

Workshop Description

Candidates will be shown how to set out apparatus safely with a class of pupils. The workshop will also help candidates to feel more confident about using apparatus with a class. Candidates will learn how to organise the apparatus and how to set objectives to ensure progression.

Outcomes

By the end of the workshop delegates should:

- feel confident getting out, using and putting away Gymnastics equipment with pupils.
- Know the safety and risk assessment procedure.
- Be able to set Objectives and Core Tasks to ensure progression.
- Know how to organise and structure an apparatus Gymnastics session

Mini Movers

Course Title	Mini Movers
Key Stage	Foundation & Key Stage 1
Target Audience	Teachers/ Teaching Assistants
Resource	Mini Movers – Session plans

Workshop Description

This workshop is designed to give candidates ideas for how to improve gross and fine motor skills for Foundation and Key Stage 1 pupils. Objectives are achieved through movement to music and using Gymnastics apparatus. Units include Story time, Movement to music, The Body, Fine & gross motor skills, object control and competition. The course and resource will show candidates how to ensure that pupils continue to progress.

Outcomes

By the end of the workshop delegates will:

- be familiar with the Mini movers resource and understand how this can enhance the delivery fundamental movement skills.
- Be able to see some of the sessions in action
- Understand how to ensure all pupils are developing their skills and progressing
- be equipped to plan and deliver Gymnastics in the curriculum

Key Stage 1 Dance

Course Title	Key Stage 1 Dance
Key Stage	Key Stage 1
Target Audience	Teachers/ Teaching Assistants
Resource	Key Stage 1 Dance Resource

Workshop Description

There has been great demand for support with the delivery of high quality Dance lessons. This workshop will introduce teachers to the KS1 Dance resource, designed to provide support for the delivery of Dance within the curriculum. The workshop is delivered practically, allowing candidates to see how the resource works in action and to learn central Dance phrases used within the unit.

These units of work have been produced to provide a framework which teachers and support staff can easily use to ensure children get the best possible experience. There are 6 themed sections: Weather, Celebrations, Toys, The Snail and the Whale, Bodies and Creepy Crawlies.

Outcomes

By the end of the workshop delegates will:

- have an overview of the KS1 Dance Resource and understand how they can use it as a planning and delivery tool for Dance
- have an enhanced understanding of how to deliver Dance in the curriculum
- feel more confident and better equipped to deliver Dance

Key Stage 2 Dance

Course Title	Key Stage 2 Dance
Key Stage	Key Stage 2
Target Audience	Teachers/ Teaching Assistants
Resource	KS2 Dance Resource

Workshop Description

There has been great demand for support with the delivery of high quality Dance lessons. This workshop will introduce teachers to the KS2 Dance resource, designed to provide support for the delivery of Dance within the curriculum. The workshop is delivered practically, allowing candidates to see how the resource works in action and to learn central Dance phrases used within the unit.

These units of work have been produced to provide a framework which teachers and support staff can easily use to ensure children get the best possible experience. There are 6 themed sections: Musicals, Waves, Shapes, Space, Electricity and Rock n Roll.

Outcomes

By the end of the workshop delegates will:

- have an overview of the KS2 Dance Resource and understand how they can use it as a planning and delivery tool for Dance
- have an enhanced understanding of how to deliver Dance in the curriculum
- feel more confident and better equipped to deliver Dance

Dance Choreography

Course Title	Dance Choreography
Key Stage	Foundation, Key Stage 1 & 2
Target Audience	Teacher, Teaching Assistant or ASC Organiser
Resource	Dance Choreography booklet

Workshop Description

This workshop is designed for those candidates who are participating in a Dance Festival. The workshop will provide some practical ideas to help Choreograph a Dance piece for an event or Festival. Ideas will all be related to the chosen theme and will show candidates how to develop an idea from a chosen stimulus.

Outcomes

By the end of the workshop delegates will:

- Provide ideas & stimulus for a themed Dance festival
- To provide an understanding of how to develop dance from different stimulus
- Know how to develop an idea to choreograph a Dance piece

Midday Supervisor Training

Course Title	Midday Supervisor Training
Key Stage	N/A
Target Audience	Lunchtime support staff
Resource	N/A

Workshop Description

This workshop is designed to tackle some of the issues that crop up at lunchtime by promoting a positive playing environment. Candidates will discuss solutions to a number of challenges presented at play times.

Outcomes

By the end of the workshop delegates will:

- Have ideas of how to promote positive play times
- Gain some ideas of how it can be implemented in your school
- Have the opportunity to experience some of the activities within the programme

Multi Skills Training

Course Title	Multi Skills Training
Key Stage	Early Years & Key Stage 1
Target Audience	Teachers/Teaching Assistants
Resource	Booklet notes and session ideas.

Workshop Description

Candidates will experience some of the methods used to deliver high quality Multi Skills sessions. Locomotor skills, object control and competition will be covered, showing practical examples for how this can be delivered.

Outcomes

By the end of the workshop delegates will:

- Have practical ideas for delivering High quality Multi skills sessions
- Have an enhanced understanding of how to deliver Multi Skills in the curriculum
- Know how to ensure that all pupils are progressing

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Specialising in PE and School Sport

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