



BEDFORDSHIRE & ACTIVE LUTON

The National PE and School Sport
Professional
Development Programme

Training Portfolio

April 2009 – March 2010



Central Bedfordshire Council
and Bedford Borough Council



INTRODUCTION

Welcome to the fifth Countywide portfolio of National CPD courses that are being offered to teachers, teaching assistants and adults other than teachers between April 2009 and March 2010. The courses offered within this portfolio are part of the National Programme of Continued Professional Development, which is one of the strands of the national Physical Education and Sport Strategy for Young People (PESSYP - formally known as PESSCL).

The professional development programme aims to:

- raise the quality of teaching and learning in PE and school sport by helping schools to deliver broad, balanced and inclusive PE and Sport
- improve schools' understanding of how they can use high quality PE and sport as a tool for whole school improvement, particularly in terms of attendance, behaviour management and attainment
- improve schools' understanding of how they can use high quality PE and sport to support healthy lifestyles and physical activity
- encourage schools' to interpret the PE programme of study in a more innovative way, so that they meet the needs of pupils better and enhance achievement
- develop cross-phase continuity and support a whole school approach to improvement and raising standards

In addition to the courses offered within this portfolio there is also the flexibility to tailor make training to suit the individual needs of schools which can be delivered on a whole school basis, either on a training day or as a series of twilight sessions. The minimum delivery for any school based TOPs training is 3 hours, usually broken down into two one and a half hour sessions. To access individualised training please contact the administration assistant with details of your requirements and we will endeavour to meet your needs and assign a tutor accordingly.

There is a £55 per delegate admin and resource fee for all courses provided through the portfolio however this is waived for all PLT courses. Individualised training is charged at £150 for a staff meeting, £250 for a half day (this includes all TOPs training and covers the cost of resources) and £450 for a full day's course.

(NB. We are happy for schools to join together to access any of the above packages and share the costs)

Schools can however use their PLT funding if they so wish towards any costs incurred. There is a charge of £80 if you book on to a course and then fail to turn up. Your school will be charged £40 if you cancel a booking within 2 weeks of the course start date.

Courses will be booked on a first come first served basis with a minimum requirement of 8 and a maximum of 25 delegates per course unless otherwise stated on the course information.

Gill Morrow, Toni Chivers & Glynis Yates
Bedfordshire and Luton LDAs

BOOKING FORM

Bedfordshire and Active Luton National CPD Courses

Name of School: _____

Address: _____

_____ Tel No: _____

Please reserve places on the following courses:

Course Code	Name of course	Date of course	Name (BLOCK CAPITALS)

Headteacher's Signature: _____ Date: _____

Please complete & return with a cheque made payable to Active Luton for £55 to: The CPD Administrator, Active Luton, Wigmore Hall, Eaton Green Road, Luton LU2 9JB

Tel: 01582 400272

Fax: 01582 459086

Closing date for applications for each course is four working weeks prior to the course date. You are encouraged to apply as early as possible as places will be allocated on a first come first served basis.

There is a charge of £80 if you book on to a course and then fail to turn up. Your school will be charged £40 if you cancel a booking within 2 weeks of the course start date.

For Office Use Only: CPD53150

BOOKING FORM

Bedfordshire and Active Luton PLT courses – Modules A-E ONLY

Name of School: _____

Address: _____

_____ Tel No: _____

Please reserve places on the following courses:

Course Code	Name of course	Date of course	Name (BLOCK CAPITALS)

Headteacher's Signature: _____ Date: _____

Please complete & return to: The CPD Administrator, Active Luton,
Wigmore Hall, Eaton Green Road, Luton LU2 9JB
Tel: 01582 400272 Fax: 01582 459086

Closing date for applications for each course is four working weeks prior to the course date. You are encouraged to apply as early as possible as places will be allocated on a first come first served basis.

There is no admin and resource fee for these courses however there is a charge of £80 if you book on to a course and then fail to turn up. Your school will be charged £40 if you cancel a booking within 2 weeks of the course start date.

Calendar of National CPD courses
April 2009 – March 2010

Date	Code	Course Title	Area	Pg No
06/05/09	PLT H	PLT Module H	East Beds SSP	12
15/05/09	PLT H	PLT Module H	Leighton Linlade SSP	12
21/05/09	PLT H	PLT Module H	Redborne SSP	12
22/05/09	PLT H	PLT Module H	North Beds SSP	12
04/06/09	PLT H	PLT Module H	Chiltern SSP	12
05/06/09	ATH	Teaching High Quality Athletics at KS1&2	Countywide	18
08/06/09	PLT H	PLT Module H	Luton SSPs	12
12/06/09	GMS	Teaching High Quality Games at KS1&2	Countywide	19
15/06/09	PLT H	PLT Module H	Bedford and Kempston SSP	12
23/06/09	ASD	Delivering High Quality PE for Young People with Autistic Spectrum Disorders	Countywide	35
26/06/09	CTA	Using Core Tasks to Assess pupils in PE	Countywide	20
01/07/09	EFA	Emergency First Aid in Sport	Countywide	38
07/09/09	EAC	Education Awareness Course	Countywide	37
11/09/08	SP	Safe Practice in PE and Sport	Countywide	21
18/09/09	OCR	The Outdoor Classroom	Countywide	22
21/09/09	OAA	Teaching High Quality Outdoor and Adventurous Activities	Countywide	23
25/09/09	PLT A	PLT A for new PLTs	Countywide	10
28/09/09	PLT I	PLT Module I	Bedford and Kempston SSP	12
01/10/09	PLT I	PLT Module I	Redborne SSP	12
07/10/09	PLT I	PLT Module I	East Beds SSP	12
09/10/09	PLT I	PLT Module I	North Beds SSP	12
13/10/09	FSPA	Teaching High Quality Physical Activity in the Foundation Stage	Countywide	16
16/10/09	PLT I	PLT Module I	Leighton Linlade SSP	12
19/10/09	PLT I	PLT Module I	Luton SSPs	12
22/10/09	PLT I	PLT Module I	Chiltern SSP	12
03/11/09	KS2DB	Teaching High Quality Dance at KS2 – The Basics	Countywide	24
06/11/09 (26/01/10) (Day 2)	NQT PE	Delivering High Quality Physical Education for Newly Qualified Teachers/Returning Teachers	Countywide	14
10/11/09	KS1GB	Teaching High Quality Gymnastics at KS1 – The Basics	Countywide	25
20/11/09	KS2GB	Teaching High Quality Gymnastics at KS2 – The Basics	Countywide	26

24/11/09	PLT B	PLT B for new PLTs	Countywide	10
26/11/09	KS1DB	Teaching High Quality Dance at KS1 - The Basics	Countywide	27
01/12/09	ASA1	Swimming - The ASA National Curriculum Training Programme Module 1	Countywide	33
14/01/10	SA	Sportsability	Countywide	36
19/01/10	ICTPE	Using ICT to enhance High Quality PE at KS1&2	Countywide	28
25/01/10	KS2DE	Teaching High Quality Dance at KS2 - Extension Module	Countywide	29
26/01/10 Day 2	NQT PE	Physical Education for Primary NQTs/Returning Teachers	Countywide	14
02/02/10	PLT C	PLT Module C for new PLTs	Countywide	10
04/02/11	PLT J	PLT Module J	Redborne SSP	13
05/02/10	PLT J	PLT Module J	Leighton Linlade SSP	13
08/02/10	KS1GE	Teaching High Quality Gymnastics at KS1 - Extension Module	Countywide	30
10/02/10	PLT J	PLT Module J	East Beds SSP	13
25/02/10	PLT J	PLT Module J	Chiltern SSP	13
26/02/10	PLT J	PLT Module J	North Beds SSP	13
01/03/10	PLT J	PLT Module J	Bedford and Kempston SSP	13
02/03/10	PLT J	PLT Module J	Luton SSP	13
09/03/10	KS1DE	Teaching High Quality Dance at KS1 - Extension Module	Countywide	31
12/03/10	KS2GE	Teaching High Quality Gymnastics at KS2 - Extension Module	Countywide	32
16/03/10	FSPAL	Using High Quality Physical Activity in the Foundation Stage to develop Literacy	Countywide	17
19/03/10	ASA2	Swimming - The ASA National Curriculum Training Programme Module 2	Countywide	34
24/03/10	ATH	Teaching High Quality Athletics at KS1&2	Countywide	18
26/03/10	PLT D	PLT Module D for new PLTs	Countywide	11
30/03/10	PEC	PE Conference	Countywide	15
18/06/10	PLT E	PLT Module E for new PLTs	Countywide	11

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PLT Courses				
New PLTs				
Date	Code	Course Title	Area	Pg No
25/09/09	PLT A	PLT Module A	Countywide	10
24/11/09	PLT B	PLT Module B	Countywide	10
02/02/10	PLT C	PLT Module C	Countywide	10
26/03/10	PLT D	PLT Module D	Countywide	11
18/06/10	PLT E	PLT Module E	Countywide	11
Existing PLTs				
Date	Code	Course Title	Area	Pg No
06/05/09	PLT H	PLT Module H	East Beds SSP	12
15/05/09	PLT H	PLT Module H	Leighton Linlade SSP	12
21/05/09	PLT H	PLT Module H	Redborne SSP	12
22/05/09	PLT H	PLT Module H	North Beds SSP	12
04/06/09	PLT H	PLT Module H	Chiltern SSP	12
08/06/09	PLT H	PLT Module H	Luton SSPs	12
15/06/09	PLT H	PLT Module H	Bedford and Kempston SSP	12
28/09/09	PLT I	PLT Module I	Bedford and Kempston SSP	12
01/10/09	PLT I	PLT Module I	Redborne SSP	12
07/10/09	PLT I	PLT Module I	East Beds SSP	12
09/10/09	PLT I	PLT Module I	North Beds SSP	12
16/10/09	PLT I	PLT Module I	Leighton Linlade SSP	12
19/10/09	PLT I	PLT Module I	Luton SSPs	12
22/10/09	PLT I	PLT Module I	Chiltern SSP	12
04/02/10	PLT J	PLT Module J	Redborne SSP	13
05/02/10	PLT J	PLT Module J	Leighton Linlade SSP	13
10/02/10	PLT J	PLT Module J	East Beds SSP	13
25/02/10	PLT J	PLT Module J	Chiltern SSP	13
26/02/10	PLT J	PLT Module J	North Beds SSP	13
01/03/10	PLT J	PLT Module J	Bedford and Kempston SSP	13
02/03/10	PLT J	PLT Module J	Luton SSPs	13
NQT Courses				
Date	Code	Course Title	Area	Pg No
6/11/09 26/01/10	NQTPE	Physical Education for Primary NQTs/Returning teachers	Countywide	14

Foundation Courses				
Date	Code	Course Title	Area	Pg No
13/10/09	FSPA	Teaching High Quality Physical Activity in the Foundation Stage	Countywide	16
16/03/10	FSPAL	Using High Quality Physical Activity in the Foundation Stage to Develop Literacy	Countywide	17
30/03/10	PEC	PE Conference	Countywide	15
KS1 Courses				
Date	Code	Course Title	Area	Pg No
05/06/09	ATH	Teaching High Quality Athletics at KS1&2	Countywide	18
12/06/09	GMS	Teaching High Quality Games at KS1&2	Countywide	19
26/06/09	CTA	Using the Core Tasks to Assess Pupils in PE	Countywide	20
11/09/09	SP	Safe Practice in PE and Sport	Countywide	21
18/09/09	OCR	The Outdoor Classroom	Countywide	22
21/09/09	OAA	Teaching High Quality Outdoor and Adventurous Activity	Countywide	23
10/11/09	KS1GB	Teaching High Quality Gymnastics at KS1 – the Basics	Countywide	25
26/11/09	KS1DB	Teaching High Quality Dance at KS1 – the Basics	Countywide	27
19/01/10	ICTPE	Using ICT to enhance High Quality PE at KS1&2	Countywide	28
08/02/10	KS1GE	Teaching High Quality Gymnastics at KS1 – Extension course	Countywide	30
09/03/10	KS1DE	Teaching High Quality Dance at KS1 – Extension course	Countywide	31
24/03/10	ATH	Teaching High Quality Athletics at KS1&2	Countywide	18
30/03/10	PEC	PE Conference	Countywide	15
KS2 Courses				
Date	Code	Course Title	Area	Pg No
05/06/09	ATH	Teaching High Quality Athletics at KS1&2	Countywide	18
12/06/09	GMS	Teaching High Quality Games at KS1&2	Countywide	19

26/06/09	CTA	Using the Core Tasks to Assess pupils in PE	Countywide	20
11/09/08	SP	Safe Practice in PE and Sport	Countywide	21
18/09/09	OCR	The Outdoor Classroom	Countywide	22
21/09/09	OAA	Teaching High Quality Outdoor and Adventurous Activity	Countywide	23
03/11/09	KS2DB	Teaching High Quality Dance at KS2 – the Basics	Countywide	24
20/11/09	KS2GB	Teaching High Quality Gymnastics at KS2 – the Basics	Countywide	26
01/12/09	ASA1	Swimming – The ASA National Curriculum Training Programme Module 1	Countywide	33
19/01/10	ICTPE	Using ICT to enhance High Quality PE at KS1&2	Countywide	28
25/01/10	KS2DE	Teaching High Quality Dance at KS2 – Extension course	Countywide	29
12/03/10	KS2GE	Teaching High Quality Gymnastics at KS2 – Extension course	Countywide	32
19/03/10	ASA2	Swimming – The ASA National Curriculum Training Programme Module 2	Countywide	34
24/03/10	ATH	Teaching High Quality Athletics at KS1&2	Countywide	18
30/03/10	PEC	PE Conference	Countywide	15
SEN Courses				
Date	Code	Course Title	Area	Pg No
23/06/09	ASD	Delivering High Quality PE for Young People with Autistic Spectrum Disorders	Countywide	35
14/01/10	SA	Sportsability	Countywide	36
AOTTSL Courses				
Date	Code	Course Title	Area	Pg No
07/09/09	EAC	Education Awareness Course	Countywide	37
General Sports Courses				
Date	Code	Course Title	Area	Pg No
01/07/09	EFA	Emergency First Aid in Sport	Countywide	38

Individualised School Based CPD

In addition to the courses offered within this portfolio there is also the flexibility to tailor-make training to suit the individual needs of schools which can be delivered on a whole school basis, either on a training day or as a series of twilight sessions. The minimum delivery for any school based TOPs training is 3 hours, usually broken down into two one and a half sessions. To access individualised training please contact the CPD administrator with details of your requirements and we will endeavour to meet your needs and assign a tutor accordingly.

Detailed below is a list of possible courses that could be delivered in this manner, however this is not exhaustive and schools should contact the CPD administrator to discuss individual specific needs.

TOP Dance
TOP Gym
TOP Games (KS2)
TOP Play (KS1)
TOP Activity
TOP Athletics
TOP OAA
TOP Sportsability
Playground games
Assessment in PE
Health and safety
Literacy in Action
Numeracy in Action

Individualised training is charged at £150 for a staff meeting, £250 for a half day (this includes all TOPs training and covers the cost of resources) and £450 for a full day's course.

(NB. We are happy for schools to join together to access any of the above packages and share the costs)

Schools can use their PLT funding towards any costs incurred.

PLT Modules

These modules are for all new and existing PLTs who missed their original partnership based training.

PLT Module A	Introduction to School Sport Partnerships and the role of the Primary Link Teacher		
Course Outcomes:	Recognise how School Sport Partnerships will contribute to the delivery of the PSA target, the national vision for PE and school sport and other national frameworks, such as 'Every Child Matters'. Review current PE policies.		
Dates of Course	Venue	Times	Closing date for applications
25/09/09	Beadlow Manor	9am – 4pm	11/09/09

PLT Module B	The role of the Primary Link Teacher and High Quality PE and School Sport		
Course Outcomes:	Identify the key roles of the Primary Link Teacher and recognise the characteristics of high quality PE and Sport. Identify strategies to raise standards within PE, Sport and whole school.		
Dates of Course	Venue	Times	Closing date for applications
24/11/09	tbc	9am – 4pm	27/10/09

PLT Module C	Planning the Pathway: Curriculum and OSHL		
Course Outcomes:	Explain what makes a balanced curriculum and OSHL programme and identify strategies to improve these and plan an appropriate curriculum map and OSHL programme.		
Dates of Course	Venue	Times	Closing date for applications
02/02/10	tbc	9am – 4pm	05/01/10

PLT Module D	Planning for Learning		
Course Outcomes:	Identify the essential components of long, medium and short term plans. Identify the statutory requirements for Assessment in PE and the key features of assessment for learning.		
Dates of Course	Venue	Times	Closing date for applications
26/03/10	tbc	9am – 4pm	26/02/10

PLT Module E	High Quality Teaching, Coaching and Learning		
Course Outcomes:	Identify the characteristics of high quality teaching and learning within and beyond the curriculum. Recognise a range of approaches for analysing and evaluating teaching and learning and identify the principles of providing effective feedback.		
Dates of Course	Venue	Times	Closing date for applications
18/06/10	tbc	9am – 4pm	21/05/10

These are new modules designed for **all** PLTs (new and existing)

For the following PLT courses (modules H, I, J) please book on via your PDM. These are not booked through the CPD Administrator.

PLT Module H			
Dates of Course	Venue	Times	Closing date for applications
06/05/09	East Beds SSP	9am – 4pm	N/A
15/05/09	Leighton Linlade SSP	9am – 4pm	N/A
21/05/09	Redborne SSP	9am – 4pm	N/A
22/05/09	North Beds SSP	9am – 4pm	N/A
04/06/09	Chiltern SSP	9am – 4pm	N/A
08/06/09	Luton SSPs	9am – 4pm	N/A
15/06/09	Bedford and Kempston SSP	9am – 4pm	N/A

PLT Module I			
Dates of Course	Venue	Times	Closing date for applications
28/09/09	Bedford and Kempston SSP	9am – 4pm	N/A
01/10/09	Redborne SSP	9am – 4pm	N/A
07/10/09	East Beds SSP	9am – 4pm	N/A
09/10/09	North Beds SSP	9am – 4pm	N/A
16/10/09	Leighton Linlade SSP	9am – 4pm	N/A
22/10/09	Chiltern SSP	9am – 4pm	N/A
19/10/09	Luton SSPs	9am – 4pm	N/A

PLT Module J			
Dates of Course	Venue	Times	Closing date for applications
04/02/10	Redborne SSP	9am – 4pm	N/A
05/02/10	Leighton Linlade SSP	9am – 4pm	N/A
10/02/10	East Beds SSP	9am – 4pm	N/A
25/02/10	Chiltern SSP	9am – 4pm	N/A
26/02/10	North Beds SSP	9am – 4pm	N/A
01/03/10	Bedford and Kempston SSP	9am – 4pm	N/A
02/03/10	Luton SSPs	9am – 4pm	N/A

NQT Delivering High Quality Physical Education for Newly Qualified Teachers/Returning Teachers

Target Group:	This course is for newly qualified teachers and those teachers returning to the profession working in the primary phase who want to develop their understanding of the national curriculum requirements for PE, health and safety implications and how to deliver high quality lessons.		
Dates of Course	Venue	Times	Closing date for applications
6/11/09 & 26/01/10	Priory Business Park, Bedford	9am - 4pm	09/10/09
Course Objectives	<p>This is a 2 day course. Participants need to attend both days.</p> <p>By the end of session 1, delegates will:</p> <ul style="list-style-type: none"> □ have an understanding of the national curriculum requirements and expectations for PE at Key Stages 1 and 2 □ be aware of policies, practices and procedures in relation to health and safety in PE □ have a clear understanding of the PESSYP strategy and how the 10 QCA high quality outcomes can be realised in their planning and delivery of lessons <p>Session 2 will be a practical session based upon the needs of the group.</p>		

PEC Physical Education Conference

Target Group:	This conference is for any teacher, coach or assistant in the Foundation, Key Stage 1 and Key Stage 2 phases.		
Dates of Course	Venue	Times	Closing date for applications
30/03/10	tbc	9am – 4pm	04/03/10
Conference Objectives	<p>This is a great opportunity for colleagues to network and be updated on national and local initiatives and issues.</p> <p>There will be a programme of workshops, key note addresses and practical sessions. A more detailed programme will be circulated to schools in the new year.</p> <p>Please put this date in your diary and send your booking form in now to secure your place!!</p>		

FSPA Teaching High Quality Physical Activity in the Foundation Stage

Target Group:	This course is for all teachers, nursery nurses and teaching assistants who work with children in the 3 – 5 year age group.		
Dates of Course	Venue	Times	Closing date for applications
13/10/09	Hightown Community Sports & Arts Centre, Luton	9am – 4pm	15/09/09
Course Objectives	<p>By the end of the course, delegates will:</p> <ul style="list-style-type: none"> □ have an understanding of the early learning goals for the physical development area of learning □ have examined various ways with working with pre-school children to develop high quality physical activity □ have a bank of ideas and resources that they can use to develop physical activity in their setting 		

This is a practical course; delegates are expected to wear suitable clothing

FSPAL Using High Quality Physical Activity in the Foundation Stage to develop Literacy

Target Group:	This module is for any teacher, nursery nurse or teaching assistant in the foundation stage who wants to develop literacy through physical activity.		
Dates of Course	Venue	Times	Closing date for applications
16/03/10	Hightown Community Sports & Arts Centre, Luton	9am - 4pm	16/02/10
Course Objectives	<p>This course aims to explore how physical activity can contribute to the development of literacy for foundation stage children.</p> <p>By the end of the course, delegates will:</p> <ul style="list-style-type: none"> □ have examined various ways with working with pre-school children to develop literacy through high quality physical activity □ have a bank of ideas and resources that they can use to develop this in their settings 		

This is a practical course; delegates are expected to wear suitable clothing

ATH Teaching High Quality Athletics at KS1&2

Target Group:	This course is for any teacher, coach or assistant in the primary phase who wants to improve the quality of pupils' learning and attainment in athletic activities.		
Dates of Course	Venue	Times	Closing date for applications
05/06/09	Hightown Community Sports & Arts Centre, Luton	9am - 4pm	08/05/09
24/03/10	Risely Village Hall, Bedford	9am - 4pm	24/02/10
Course Objectives	<p>By the end of this course, delegates will:</p> <ul style="list-style-type: none"> □ have identified specific aspects of pupils' learning in athletic activities that they want to improve in order to achieve high quality PE □ have identified what they need to do to help their pupils make better progress and achieve more in athletic activities □ have a bank of ideas and resources that they can use to develop athletic activity in their school □ have strategies for evaluating the impact of what they do to help their pupils make better progress and achieve more in athletic activities <p>There will be opportunity in this course for delegates to work specifically within their own key stage and share best practice.</p>		

This is a practical course; delegates are expected to wear suitable clothing. All delegates will receive a set of TOP Athletics resource cards and a handbook.

GMS Teaching High Quality Games at KS1&2

Target Group:	This course is for any teacher, coach or assistant in the primary phase who wants to improve the quality of pupils' learning and attainment in games activities.		
Dates of Course	Venue	Times	Closing date for applications
12/06/09	Foxdell Junior School, Luton	9am - 4pm	15/05/09
Course Objectives	<p>By the end of this course, delegates will:</p> <ul style="list-style-type: none"> □ have identified specific aspects of pupils' learning in games activities that they want to improve in order to achieve high quality PE □ have identified what they need to do to help their pupils make better progress and achieve more in games activities □ have a bank of ideas and resources that they can use to develop games activities in their school □ have strategies for evaluating the impact of what they do to help their pupils make better progress and achieve more in games activities <p>There will be opportunity in this course for delegates to work specifically within their own key stage and share best practice.</p>		

There are practical elements to this course. All delegates will receive a set of either TOP Play or TOP Sport resource cards and a handbook depending upon phase taught.

CTA Using Core Tasks to Assess Pupils in PE

Target Group:	This course is for any teacher, coach or assistant in the primary phase who wants to further develop assessment within their school using the core tasks.		
Dates of Course	Venue	Times	Closing date for applications
26/06/09	Bedford Town Football Club	9am – 4pm	29/05/09
Course Objectives	<p>By the end of this course, delegates will:</p> <ul style="list-style-type: none"> □ have furthered their understanding of the value of core tasks when assessing pupils. □ have a clear understanding of what the core tasks look like in relation to the expectations □ have an increased understanding of how to use the core tasks to inform planning and ensure pupil progress □ have explored how to use the resource to formally assess pupils and record progress 		

Delegates will receive a set of core task cards and exemplification DVD. This is an exciting new resource which is only available through attending training.

SP Safe Practice in PE and Sport

Target Group:	This course is for any teacher, coach or assistant in the primary phase who wants to further their knowledge and understanding of safe practice in PE		
Dates of Course	Venue	Times	Closing date for applications
11/09/09	Priory Business Park, Bedford	9am - 4pm	04/09/09
Course Objectives	<p>By the end of this module, delegates will:</p> <ul style="list-style-type: none"> □ know how to access the relevant national and local guidance provided by their local authority for all areas of PE and School Sport encountered in their school □ know what should be included in a schools PE policy in relation to safe practice □ know how to risk assess particular activities and teaching areas □ have a greater understanding of the issues relating to PE and School Sport when using Adults Other than Teachers supporting Learners in teaching curriculum and out of hours learning activities □ be confident in their ability to disseminate the key points back to other staff within their school 		

OCR The Outdoor Classroom

Target Group:	This course is for any teacher, coach or assistant in the primary phase who wants to encourage their pupils to be more physically active and creative through playground games.		
Dates of Course	Venue	Times	Closing date for applications
18/09/09	Foxdell Junior School, Luton	9am – 4pm	04/09/09
Course Objectives	<p>By the end of this course, delegates will have:</p> <ul style="list-style-type: none"> □ reviewed material from the DVD, music CD and instruction cards which demonstrate 22 playground games that can be used by both pupils and staff □ developed a bank of ideas and resources that they can use to develop playground activities in their school □ explored ideas and resources for developing young leaders in school □ explored a range of activities for use during wet play 		

All delegates will receive a copy of the Outdoor Classroom resource which includes a DVD, music CD and games cards

OAA Teaching High Quality Outdoor and Adventurous Activities

Target Group:	This course is for any teacher, coach or assistant in the primary phase who wants to improve the quality of pupils' learning and attainment in outdoor and adventurous activities.		
Dates of Course	Venue	Times	Closing date for applications
21/09/09	Dell Farm, Whipnade	9am - 4pm	11/09/09
Course Objectives	<p>By the end of this course, delegates will</p> <ul style="list-style-type: none"> □ have identified specific aspects of pupils' learning in OAA that they want to improve in order to achieve high quality PE □ have identified what they need to do to help their pupils make better progress and achieve more in OAA □ have a bank of ideas and resources that they can use to develop OAA activity in their school □ have explored a range of activities that they can use back in school to develop a scheme of work 		

This is a practical course; delegates are expected to wear suitable warm clothing and bring a change of footwear. All delegates will receive a set of TOP OAA resource cards and a handbook.

KS2DB Teaching High Quality Dance at KS2 - The Basics

Target Group:	This module is for any teacher, coach or assistant in Key Stage 2 who wants to improve the quality of pupils' learning and attainment in dance activities.		
Dates of Course	Venue	Times	Closing date for applications
03/11/09	Bedford Town Football Club	9am - 4pm	06/10/09
Course Objectives	<p>By the end of this course, delegates will:</p> <ul style="list-style-type: none"> □ have an understanding of the national curriculum requirements and expectations for dance at Key Stage 2 □ have explored ways of using and developing dance activities suitable for Key Stage 2 □ be familiar with the 'TOP Dance' resource and have an understanding of how it can be integrated into a scheme of work for dance □ have a bank of ideas and resources that they can use to develop Dance activity in their school □ have identified what they need to do to help their pupils make better progress and achieve more in dance activities and be able to evaluate the impact. 		

This is a practical course; delegates are expected to wear suitable clothing. All delegates will receive a set of TOP Dance resource cards, music CD and a handbook.

KS1GB Teaching High Quality Gymnastics at KS1 The Basics

Target Group:	This module is for any teacher, coach or assistant in Key Stage 1 who wants to improve the quality of pupils' learning and attainment in gymnastic activities.		
Dates of Course	Venue	Times	Closing date for applications
10/11/09	tbc	9am - 4pm	13/10/09
Course Objectives	<p>By the end of this course, delegates will:</p> <ul style="list-style-type: none"> □ have an understanding of the national curriculum requirements and expectations for gymnastics at Key Stage 1 □ have explored ways of using and developing activities suitable for Key Stage 1 □ be familiar with the TOP Gym resource and have an understanding of how it can be integrated into a scheme of work for gymnastics □ have a bank of ideas and resources that they can use to develop gymnastic activity in their school □ have identified what they need to do to help their pupils make better progress and achieve more in gymnastic activities and be able to evaluate the impact. □ be fully aware of the health and safety implications when teaching gymnastics 		

This is a practical course; delegates are expected to wear suitable clothing. All delegates will receive a set of TOP Gym resource cards and a handbook

KS2GB Teaching High Quality Gymnastics at KS2 The Basics

Target Group:	This module is for any teacher, coach or assistant in Key Stage 2 who wants to improve the quality of pupils' learning and attainment in gymnastic activities.		
Dates of Course	Venue	Times	Closing date for applications
20/11/09	Foxdell Junior School, Luton	9am - 4pm	23/10/09
Course Objectives	<p>By the end of this course, delegates will:</p> <ul style="list-style-type: none"> □ have an understanding of the national curriculum requirements and expectations for gymnastics at Key Stage 2 □ have explored ways of using and developing activities suitable for Key Stage 2 □ be familiar with the TOP Gym resource and have an understanding of how it can be integrated into a scheme of work for gymnastics □ have a bank of ideas and resources that they can use to develop gymnastic activity in their school □ have identified what they need to do to help their pupils make better progress and achieve more in gymnastic activities and be able to evaluate the impact. □ be fully aware of the health and safety implications when teaching gymnastics 		

This is a practical course; delegates are expected to wear suitable clothing. All delegates will receive a set of TOP Gym resource cards and a handbook

KS1DB Teaching High Quality Dance at KS1 - The Basics

Target Group:	This module is for any teacher, coach or assistant in Key Stage 1 who wants to improve the quality of pupils' learning and attainment in dance activities.		
Dates of Course	Venue	Times	Closing date for applications
26/11/09	Bedford Town Football Club	9am - 4pm	29/10/09
Course Objectives	<p>By the end of this course, delegates will:</p> <ul style="list-style-type: none"> □ have an understanding of the national curriculum requirements and expectations for dance at Key Stage 1 □ have explored ways of using and developing activities suitable for Key Stage 1 □ be familiar with the TOP Dance resource and have an understanding of how it can be integrated into a scheme of work for dance □ have a bank of ideas and resources that they can use to develop dance activity in their school □ have identified what they need to do to help their pupils make better progress and achieve more in dance activities and be able to evaluate the impact 		

This is a practical course; delegates are expected to wear suitable clothing. All delegates will receive a set of TOP Dance resource cards, music CD and a handbook.

ICTPE Using ICT to Enhance High Quality PE at KS1&2

Target Group:	This course is for any teacher, coach or assistant in Key Stage 1 or 2 who wants to improve the quality of pupils' learning in PE through the use of ICT		
Dates of Course	Venue	Times	Closing date for applications
19/01/10	Priory Business Park, Bedford	9am - 4pm	18/12/09
Course Objectives	<p>By the end of this module, delegates will:</p> <ul style="list-style-type: none"> □ have a greater understanding of the use of technology in PE □ be able to use a variety of software and hardware in teaching and learning □ have had practical experience and the opportunity to create their own resources □ have an awareness of additional resources available for embedding ICT into PE. 		

All delegates will receive a CD of resources.

KS2DE Teaching High Quality Dance at KS2 - Extension Module

Target Group:	This module is for any teacher, coach or assistant in Key Stage 2 who wants to further develop practical ideas for dance to improve the quality of pupils' learning and attainment.		
Dates of Course	Venue	Times	Closing date for applications
25/01/10	Bedford Town Football Club	9am - 4pm	08/01/10
Course Objectives	<p>A key aim of this course is to enable teachers to make up their own dances and turn these into a scheme of work that fulfils the core task requirements.</p> <p>By the end of this course, delegates will have:</p> <ul style="list-style-type: none"> □ a greater understanding of the language of dance □ explored a range of additional dance ideas □ explored a range of different stimuli and how these can be built into a dance □ created their own dance framework from a selected piece of stimuli to fulfil the core tasks □ have identified what they need to do to help their pupils make better progress and achieve more in dance activities and be able to evaluate the impact. 		

This is a practical course; delegates are expected to wear suitable clothing. All delegates will receive a range of resource materials for use back in schools.

KS1GE Teaching High Quality Gymnastics at KS1 Extension Module

Target Group:	This module is for any teacher, coach or assistant in Key Stage 1 who wants to further improve the quality of pupils' learning and attainment in gymnastic activity.		
Dates of Course	Venue	Times	Closing date for applications
08/02/10	Foxdell Junior School, Luton	9am - 4pm	11/01/10
Course Objectives	<p>A key aim of this course is to equip teachers with the technical knowledge to be able to teach gymnastic skills and activities confidently and effectively. In addition it will examine how to set up and run a gymnastics club within school.</p> <p>By the end of this course, delegates will:</p> <ul style="list-style-type: none"> □ have explored ways of teaching key skills within gymnastics □ explored a range of gymnastic activities e.g. rhythmic gym □ have examined award schemes available for use in school □ be familiar with the Key Steps in Gymnastics resource and have an understanding of how it can be integrated into a scheme of work for gymnastics and used to enhance OSHL provision □ have identified what they need to do to help their pupils make better progress and achieve more in gymnastic activities and be able to evaluate the impact. □ be fully aware of the health and safety implications when teaching gymnastics 		

This is a practical course; delegates are expected to wear suitable clothing. All delegates will receive a set of Key Steps Gymnastic resource cards and posters

KS1DE Teaching High Quality Dance at KS1 - Extension Module

Target Group:	This module is for any teacher, coach or assistant in Key Stage 1 who wants to further develop practical ideas for dance to improve the quality of pupils' learning and attainment.		
Dates of Course	Venue	Times	Closing date for applications
09/03/10	Bedford Town Football Club	9am - 4pm	09/02/10
Course Objectives	<p>A key aim of this course is to enable teachers to make up their own dances and turn these into a scheme of work that fulfils the core task requirements.</p> <p>By the end of this course, delegates will have:</p> <ul style="list-style-type: none"> □ a greater understanding of the language of dance □ explored a range of additional dance ideas □ explored a range of different stimuli and how these can be built into a dance □ created their own dance framework from a selected piece of stimuli to fulfil the core tasks □ have identified what they need to do to help their pupils make better progress and achieve more in dance activities and be able to evaluate the impact. 		

This is a practical course; delegates are expected to wear suitable clothing. All delegates will receive a range of resource materials for use back in schools.

KS2GE Teaching High Quality Gymnastics at KS2 Extension Module

Target Group:	This module is for any teacher, coach or assistant in Key Stage 1 who wants to further improve the quality of pupils' learning and attainment in gymnastic activity.		
Dates of Course	Venue	Times	Closing date for applications
12/03/10	Foxdell Junior School	9am - 4pm	12/02/10
Course Objectives	<p>A key aim of this course is to equip teachers with the technical knowledge to be able to teach gymnastic skills and activities confidently and effectively. In addition it will examine how to set up and run a gymnastics club within school.</p> <p>By the end of this course, delegates will:</p> <ul style="list-style-type: none"> □ have explored ways of teaching key skills within gymnastics □ explored a range of gymnastic activities e.g. rhythmic gym □ have examined award schemes available for use in school □ be familiar with the Key Steps in Gymnastics resource and have an understanding of how it can be integrated into a scheme of work for gymnastics and used to enhance OSHL provision □ have identified what they need to do to help their pupils make better progress and achieve more in gymnastic activities and be able to evaluate the impact. □ be fully aware of the health and safety implications when teaching gymnastics 		

This is a practical course; delegates are expected to wear suitable clothing. All delegates will receive a set of Key Steps Gymnastic resource cards and posters

ASA1 Swimming – The ASA National Curriculum Training Programme Module 1

Target Group:	This module is for any class teacher either leading a session or supporting a qualified ASA swimming Teacher. Delegates must have Qualified Teacher Status.		
Dates of Course	Venue	Times	Closing date for applications
01/12/09	Denbigh High School, Luton	9am - 4pm	06/11/09
Course Objectives	<p>Once qualified the holder of the ASA/NCTP School Swimming (key stages 1 and 2) module 1 will be equipped to actively assist and/or support a more qualified teacher in the teaching of a range of core aquatic skills to a small group of similar ability within the context of a school swimming programme.</p> <p>By the end of this course delegates will have a knowledge and understanding of:</p> <ul style="list-style-type: none"> □ how to organise and manage swimming activities safely and effectively □ the requirements for swimming and water safety at key stages 1 and 2 □ FUNdamentals of Aquatics, movement literacy and skills □ the use of games as a learning mechanism □ the key principles related to developing the recognised strokes 		

This is a practical course; delegates are expected to wear suitable clothing. All Delegates will receive a set of TOP Swimming cards

NB. This is the minimum qualification for Class Teachers delivering or supporting school swimming within the County

ASA2 Swimming – The ASA National Curriculum Training Programme Module 2

Target Group:	This module is for any class teacher either leading a session or supporting a qualified ASA swimming Teacher. Delegates must have Qualified Teacher Status and have completed Module 1.		
Dates of Course	Venue	Times	Closing date for applications
19/03/10	Denbigh High School, Luton	9am – 4pm	19/02/10
Course Objectives	<p>Once qualified the holder of the ASA/NCTP Certificate for Teaching School Swimming (key stages 1 and 2), modules 1 and 2 will be equipped with the skills to plan and evaluate a programme designed to meet the swimming component of the National Curriculum (NC) and to teach unsupervised a range of skills to groups within a school swimming programme.</p> <p>By the end of this course delegates will have a knowledge and understanding of:</p> <ul style="list-style-type: none"> □ what constitutes effective performance of FUNdamental skills? □ methods to bring about improvement of FUNdamental skills. □ additional skills appropriate to those working towards and at the improver stage □ the use of games and fun activities as an aid to learning □ what constitutes an effective school swimming programme? □ the basic technical aspects related to Front Crawl, Back Crawl, Breaststroke and Butterfly □ identification of faults and causes; progressive practices to bring about improvement □ planning individual lessons 		

This is a practical course; delegates are expected to wear suitable clothing.

ASD Delivering High Quality PE for Young People with Autistic Spectrum Disorders

Target Group:	This module is for any teacher, coach or assistant in Key Stage 2 who works with children with Autistic Spectrum Disorders		
Dates of Course	Venue	Times	Closing date for applications
23/06/09	Hightown Community Sports & Arts Centre, Luton	9am - 4pm	26/05/09
Course Objectives	<p>This is a brand new course developed by the Youth Sport Trust. We are awaiting further information and will circulate this to schools via a flyer as soon as we have the details.</p> <p>This is a great opportunity for individuals working within this area to develop their knowledge and understanding.</p> <p>There may be practical elements to this course.</p>		

SA Sportsability

Target Group:	This module is for any teacher, coach or assistant in a special school or those in mainstream schools who would like to learn more about activities for young disabled pupils.		
Dates of Course	Venue	Times	Closing date for applications
14/01/10	Bedford Town Football Club	9am - 4pm	18/12/09
Course Objectives	<p>By the end of this course, delegates will:</p> <ul style="list-style-type: none"> □ be introduced to a range of activities, games and paralympic sports suitable for use within curriculum time and after school clubs □ understand the links to the National Curriculum and how the cards and equipment can be used to enhance the school's current schemes of work 		

This is a practical course; delegates are expected to wear suitable clothing. All delegates will receive a set of TOP Sportability resource cards

EAC Education Awareness Course
Delivering High Quality Physical Education and School Sport for
Adults other than Teachers who Support Learning

Target Group:	This course is for those adults other than teachers who support the delivery of high quality PE and school sport in the Primary phase. AOTTSLs may include parents, coaches, sports development officers and volunteers.		
Dates of Course	Venue	Times	Closing date for applications
07/09/09	Wigmore Hall, Luton	9am - 4pm	17/07/09
Course Objectives	<p>By the end of the course, delegates will:</p> <ul style="list-style-type: none"> □ have an understanding of the national curriculum requirements and expectations for PE at Key Stages 1 and 2 □ have a full understanding of the county policy on the use of adults other than teachers supporting learning in schools □ have an understanding of the PESSYP strategy and how to ensure the high quality outcomes are achieved through the work they do □ be aware of county policies relating to health and safety 		

EFA Emergency First Aid in Sport

Target Group:			
Dates of Course	Venue	Times	Closing date for applications
01/07/09	Wardown Training Room, Wardown Pool, Luton	9am - 4pm	03/06/09
Course Objectives			
<p>This course will equip candidates with the skills and knowledge to undertake basic first aid and emergency action until further qualified medical assistance is available.</p> <p>By the end of the course, delegates will have learnt how to:</p> <ul style="list-style-type: none"> □ recognise and treat miscellaneous medical conditions □ recognise and treat sport specific injuries as identified by candidates □ manage an unconscious casualty □ carry out basic life support □ control bleeding, including basic bandaging techniques □ recognise and treat fractures and dislocations □ treat burns and scalds □ recognise and treat strains and sprains 			