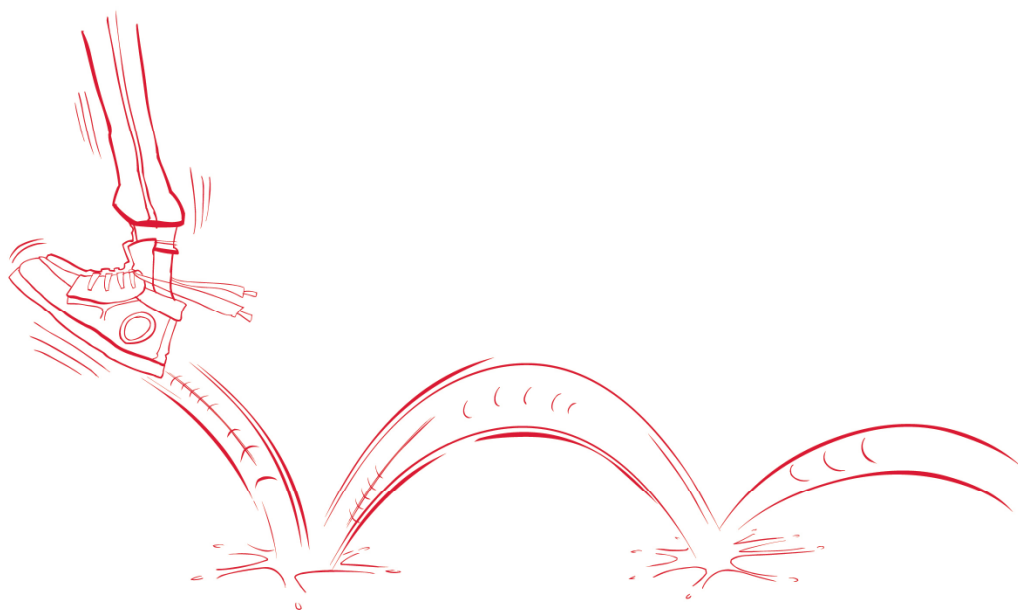


ACTIVE SCHOOLS

VOLUNTEER TRAINING PROGRAMME



Active Schools Training Programme

“More People, More Active, More Often”

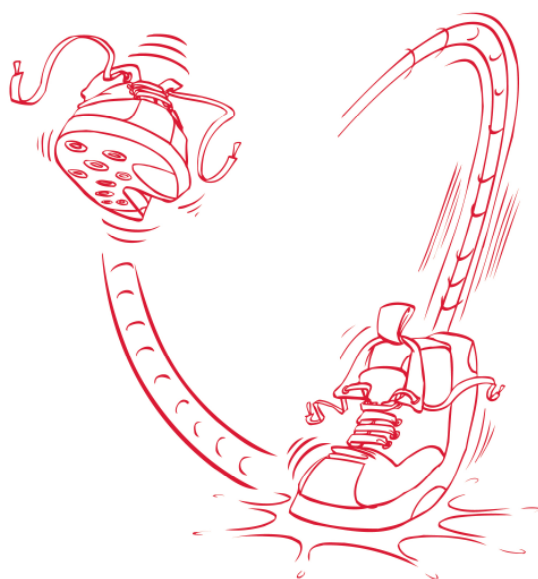
The main aim of Active Schools is to offer children and young people the opportunities and motivation to adopt active healthy lifestyles, now and into adulthood.

Our training programme consists of a variety of basic training courses that will help increase the knowledge and skills required to lead and support an activity session. Courses are available to parents, teachers, school staff, community volunteers, senior pupils and anyone who is looking to volunteer with Active Schools.

The majority of workshops will run from 4pm-6pm and all involve some practical work, so please dress appropriately and bring suitable footwear.

This document will give you a brief description of each of the Active Schools Activity Training Courses. If you have any questions please do not hesitate to contact your local Active Schools Coordinator to discuss further.

A list of training dates will be published on a quarterly basis. For the most up-to-date listings, log on to www.sportborders.org.uk/active-schools.html or go to the Scottish Borders Council online CPD system.



Active Schools Activity Training Courses

BHF Active Club Workshop

The BHF Active Club resource pack is an excellent toolkit for setting up and establishing after school/out of school care physical activity opportunities for all ages within the school. The training looks at enabling children to get active in a fun and relaxed environment. Armed with 120 easy to use resource cards, you will never be short of ideas for fun activities. Whether it be warming up and cooling down, health related activities, challenges, skipping, active games, dance, cooperative games, quiet games or just five minute fillers, it is all here in an easy to follow folder. Your school will be sent a copy of the resource pack following your attendance on the course. The course is a great starter for volunteers looking to provide after school opportunities for children.

Length of workshop: 2 hours

Bikeability Level 1

Bikeability Level 1 is a fun cycling skills programme which aims to improve children's bike handling skills and confidence. The training course qualifies participants to deliver the bikeability training to primary 5 pupils in the playground, in order to allow them to gain more confidence on their bikes before going on to Bikeability Level 2 in primary 6/7.

Length of workshop: 2 hours

Bikeability Level 2

Bikeability Level 2 introduces basic skills and knowledge necessary for competent and safe cycling on the road. This training course qualifies participants to deliver the bikeability training to primary 6 and 7 pupils within school time or as an after school activity. The training clearly outlines what participants need to deliver to the cyclists in each session to help them become safe road users.

Length of workshop: 2 hours

Clubgolf

Firstclubgolf targets primary 5 children and uses modified golf equipment to introduce them to the basics of the sport in a safe and fun environment. To become a clubgolf leader you don't need to be a golfer, just motivated, enthusiastic and keen to encourage young children to be active. The course gives you all the knowledge you need to deliver the programme and gives community members the opportunity to support the delivery of clubgolf sessions within school time or to lead after school sessions.

Length of Workshop: 2 hours

Curriculum for Excellence Badminton

This training is a comprehensive Curriculum for Excellence resource which will give teaching staff (working with primary 4-7 stages) ideas to introduce health related physical activity in the form of easy to organise badminton sessions that are suitable for all abilities. It is ideal for parents and other volunteers who would like to take a block of after school activity and aren't too sure where to start. The course will feature ideas for warm ups, skills practices, cool downs and stretching.

Length of Workshop: 2 hours

Disability Inclusion Training

This training is designed to bring physical activity and sport opportunities to children and young people with a range of disabilities. It provides participants with the confidence to positively include children and young people with a disability in physical activity and sport. The course will cover disability sports, individual activities and team games, giving participants the opportunity to use their own skills to adapt and deliver different sports and activities.

Length of Workshop: 2 hours

Fun5z Netball

This course is aimed at any teachers, coaches, parents or senior pupils who currently deliver extra curricular netball or who would be interested in getting involved with school netball. It is ideal for teaching staff looking for ideas to introduce health related physical activity in the form of easy to organise netball activities that are suitable for all abilities. The course will feature ideas for warm ups and skills practices as well as updates on rules and umpiring practice.

Length of Workshop: 2-3 hours

Introduction to Orienteering

This course concentrates on the basic skills required to deliver orienteering to beginners in a fun and exciting way. The focus is on competitive and non-competitive sessions based in areas such as school playgrounds and local communities. The course is practical in nature and you will be expected to join in with group discussions and activities. Learning outcomes include introducing children to orienteering in a safe environment, planning sessions which introduce the basic understanding of how to use an orienteering map, as well as organising and delivering simple orienteering competitions.

Length of Workshop: 2 hours

Junior Joggers

Participants attending will be allocated a colourful, easy to use resource pack per group/school, designed to help organise fun 30 minute jogging sessions. Each pack includes cards detailing warm ups, main running games, cool downs and stretches. The course will help participants provide a safe environment to be active, maintain involvement from all children and most importantly how to make sessions fun.

Please note, the workshop does not give a formal qualification, but will give volunteers and those leading the junior groups the knowledge and confidence on how to lead a group of children.

Length of Workshop: 2 hours

Playground Leaders

The Playground Leaders training course is the ideal opportunity for playground supervisors and class teachers to undertake training that will provide them with the skills to train primary 6/7 pupils to be responsible playground leaders and to assist with the organisation of simple playground games for infants during break times. The course covers how to deliver the importance of effective leadership and teamwork and provides many ideas for playground games.

Length of workshop: 3 hours

Start to Play

The Start to Play programme is an exciting resource designed to encourage play and physical activity opportunities for young people between 0 and 5 years old. The training workshop will introduce the resources and develop training methods that will support participants to use them effectively with young children. This programme is ideal for all those involved in the care and development of young children including parents, carers, teachers and early years' practitioners.

Length of Workshop: 2 hours

Top Activity

The Top Activity training course will provide participants with the knowledge and confidence to deliver activity sessions to primary aged children and raise the profile of sport and physical activity for all young people. Top Activity is an exciting, innovative programme of 'alternative' sport and physical activities such as cheerleading, martial fitness, rock-it-ball and skipping. The easy-to-use set of resource cards allows deliverers to organise and run fun, safe, inclusive and purposeful activities, which are flexible to suit young people's needs.

Length of Workshop: 2 hours

Top Play/Top Sport

The TOPS programmes aim to increase children's activity and skill levels, encourage their involvement in sport and to support teachers in PE delivery.

TOP Play encourages simple, competitive games and development and practice of a variety of core skills such as throwing, catching, striking, rolling, kicking and receiving. Top Sport is more sport specific, looking at understanding and playing a variety of games, common skills and principles and skill development.

The course will show participants how to plan and run activity sessions using easy-to-use activity cards that are filled with games ideas and fun drills. All activities can be organised quickly using minimal equipment, all of which should already be in the PE cupboard. Tops cards also contain curriculum references and give helpful pointers on how to make the activities easier and harder.

Length of Workshop: 2 hours

