



Active Schools Training Programme 2009/10



Course	Date(s)	Time	Location	Cost	Contact
Football Level 1 – Youth Development Activities (12-18)	27/11/09	17:00-21:30	Eyemouth High School	Free	pdearlove@scotborders.gov.uk 07785 332 723
New Age Kurling & Boccia	25/01/10	16.00-17.30	Berwickshire High School	Free	pdearlove@scotborders.gov.uk 07785 332 723
Club:Golf	09/02/10	16.00-18.00	Eyemouth High School	Free	pdearlove@scotborders.gov.uk 07785 332 723
Playground Leadership	12/02/10	09.30-12.30	Berwickshire High School	Free	pdearlove@scotborders.gov.uk 07785 332 723
Junior Joggers	01/03/10	16.00-18.00	Eyemouth High School	Free	pdearlove@scotborders.gov.uk 07785 332 723
Ready Steady Bike	09/03/10	TBC	Swinton Primary School	Free	pdearlove@scotborders.gov.uk 07785 332 723
NIP Cricket	16/03/10	16.00-18.00	Berwickshire High School	Free	pdearlove@scotborders.gov.uk 07785 332 723
Ready Steady Bike	22/03/10	TBC	Eyemouth Primary School	Free	pdearlove@scotborders.gov.uk 07785 332 723
BHF Activity Club	20/04/10	16.00-18.30	Berwickshire High School	Free	pdearlove@scotborders.gov.uk 07785 332 723
TOP Play/TOP Sport	TBC	TBC	TBC	Free	pdearlove@scotborders.gov.uk 07785 332 723

Other courses available (no dates arranged);

Badminton Leaders
BHF Skipping Workshop
Emergency First Aid
Hockey Leaders
Netball

Safeguarding & Protecting Children
Scottish Cycling Training Scheme (10-11)
Rugby Ready
TOPS – Start to Play (0-5)

If you are interested in any of the courses listed above, please note these on the tear off slip.

Course Descriptions

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, co-operative games, quiet games or just 5 minute fillers, it's 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.

Clubgolf

First clubgolf targets P5 children and uses modified golf equipment introducing 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 offers members of the community the opportunity to support the delivery of club golf sessions, within school time or to lead after school golf sessions. The course delivers all the knowledge you need to deliver the clubgolf programme and also allows you the opportunity to play with the fun equipment!

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 including,

- How to lead a proper warm up for kids
- The actual session games themselves
- Cool down and stretching, how to get kids to learn and do them after their activity
- Dealing with children in groups, safety, noise and of course how to make it 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.

Playground Leaders

The Playground Leaders course is the ideal opportunity for Playground Supervisors or Class Teachers to undertake training that will provide them with the skills to train P6/7 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.

Ready, Steady, Bike

'Ready Steady Bike' is a fun cycling skills programme which aims to improve children's bike handling skills and confidence. The sessions will take place in the playground and is aimed at P5's in order to allow them to gain more confidence on their bikes before going on to the Scottish Cycle Training Scheme in P6/7.

TOP Play (4-9yrs)

TOP Play offers 4 to 9 year olds the opportunity to develop their core physical movement skills through fun and stimulating activities. The training will demonstrate how to use the TOP Play session cards to plan and run activity sessions, introducing children to core skills such as throwing, catching, running and jumping.

TOP Sport (7-11yrs)

Top Sport is aimed at developing skills in specific sports for children aged 7-11. The course will show how to plan and run activity sessions using easy to use activity cards that are filled with games ideas and fun drills. Tops cards also contain curriculum references and give helpful pointers on how to make the skills easier/ harder.

Sports available: Athletics, Basketball, Badminton, Tennis, Netball, Hockey, Rugby, Cricket, Dance and Gymnastics.

Football Level 1 – Youth Development Activities (12-18)

This highly practical course will assist coaches to develop their coaching techniques and will explore the best age specific activities appropriate to the various youth age groupings. Please note that the minimum age for this course is 16 years of age

New Age Kurling & Boccia

New Age Kurling is a recreational activity similar to Curling but played on a gym hall floor. Kurling stones are fitted with wheels to aid sliding along the floor. Boccia is a Paralympic sport, similar to French boules. Players have to throw their Boccia balls towards a jack within the playing area. Boccia and New Age Kurling are fantastic inclusive activities with specifically adapted equipment to aid those with disabilities and also suitable for those working with P1-7 looking for inclusive ideas for games.

NIP (National Introductory Programme) Cricket

A practical course looking at cricket-specific drills that include catching, bowling, throwing, striking and some small-sided games. The course is aimed at those working or wanting to work with children around 7-9 years old.



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I am interested in volunteering (delivering activities) for Active Schools

I am interested in volunteering (non delivery i.e. website, admin, transport)

I am interested in attending the following course(s)

	Tick here		Tick here
Football Level 1 – Youth Dev Activities (12-18)		NIP Cricket	
New Age Kurling & Boccia		Ready Steady Bike – Swinton PS	
Club:Golf		BHF Activity Club	
Playground Leadership		TOP Play/TOP Sport	
Junior Joggers		Other(s):	
Ready Steady Bike – Eyemouth PS			

Name (print)

Telephone number:

E-mail address