

Sport and Physical Education CLPL Calendar 2017 - 18

Blue - Primary Sector
 Green - Nursery/Early Level
 Red - Secondary Sector
 Purple - Primary and Secondary Sector
 Click on course name for course description

SEPTEMBER

Date	Course	Venue	Time	Booking
Mon 25	Basic Handball CLPL	Deans CHS	4 - 5.45pm	joseph.robertson@westlothian.org.uk
Wed 27	PMP	Livingston Village PS	4 - 5.15pm	Michael.stewart@westlothian.org.uk
Fri 29	Gymnastics Competition CLPL	James Young HS	1.15-3.15pm	kim.o'connor@westlothian.gov.uk

OCTOBER

Date	Course	Venue	Time	Booking
Thu 5	Yoga CLPL (Level 1) *COST £35pp*	Livingston Village PS	4 - 6 pm	Michael.stewart@westlothian.org.uk
Wed 11	Basic Hockey CLPL	St Margaret's Academy	4 - 5.30pm	fraser.mccurdy@westlothian.org.uk
Thu 26	Yoga CLPL (Early / Nursery) *COST £35pp*	Livingston Village PS	4 - 6pm	Michael.stewart@westlothian.org.uk

NOVEMBER

Date	Course	Venue	Time	Booking
Fri 17	Better Movers & Thinkers	James Young HS	1.30 - 3.00pm	Michael.stewart@westlothian.org.uk

DECEMBER

Date	Course	Venue	Time	Booking
Fri 1	Better Movers & Thinkers Advanced	James Young HS	1.30 - 3pm	Michael.stewart@westlothian.org.uk

JANUARY

Date	Course	Venue	Time	Booking
Thu 18	Sport Education	Simpson PS	4 - 5.30pm	Michael.stewart@westlothian.org.uk
Fri 19	Introduction to New Age Bowls for P1 - P7	Whitburn Academy	1.15 - 2.15pm	Ben.Boatman@westlothian.gov.uk

JANUARY CONT...

Date	Course	Venue	Time	Booking
Jan 12	Basic Gymnastics CLPL	James Young HS	1.15 - 3.15pm	kim.o'connor@westlothian.gov.uk
Fri 19	Badminton Scotland CFE Primary Levels 1 & 2 *COST £15pp*	Bathgate Academy	1.30 - 3.30pm	Graeme.young@westlothian.org.uk
Thu 25	Yoga CLPL (Level 2) *COST £35pp*	TBC	4 - 6pm	Michael.stewart@westlothian.org.uk

FEBRUARY

Date	Course	Venue	Time	Booking
Fri 2	Dance CLPL	St Kentigern's	1.30-3	ailsa.stryke1@westlothian.org.uk
Fri 16	Cardio Tennis CLPL	Bathgate Academy	1 - 4pm	Graeme.young@westlothian.org.uk
Fri 23	First Clubgolf	TBC	1.30 - 3.30pm	ross.logan@westlothian.gov.uk

MARCH

Date	Course	Venue	Time	Booking
Fri 16	Primary Schools Tennis Teacher Training Course	Bathgate Academy	1 - 4pm	Graeme.young@westlothian.org.uk
Fri 16	Basic Basketball CLPL	Parkhead PS	1.30 - 3.00pm	Colin.ferguson@westlothian.org.uk

APRIL

Date	Course	Venue	Time	Booking
Wed 18	Fun Athletics (Run, Jump, Throw)	Inveralmond CHS	4 - 5.30pm	Stewart.livingston@westlothian.org.uk

DATES TBC

Date	Course	Venue	Time	Booking
TBC	Netball CLPL	TBC	TBC	Graeme.young@westlothian.org.uk
TBC	Disability Inclusion Training	TBC	TBC	Graeme.young@westlothian.org.uk

ADDITIONAL COURSES

Should you or your department identify any continued professional development requirements please contact your Active Schools Co-ordinator.

Armadaile : Kelly Keogh - 07770 273412
 Bathgate : Graeme Young - 07920 534283
 Broxburn : Ross Logan - 07990 565846
 Deans : Angela Coulter - 07798 815349

Inveralmond : Stewart Livingston - 07917 184112
 James Young : Kim O'Connor - 07917 078448
 Linlithgow : TBC - 07767 886710
 St Kentigern's : Sheree Benassi - 07826 873656

St Margaret's : Kat Stark - 07824 540170
 West Calder : Richard Lord - 07767 830529
 Whitburn : Ben Boatman - 07867 888838

PE Lead Officer - Michael Stewart - 07899778775
Michael.stewart@westlothian.org.uk



Course Descriptions

Basic Handball CLPL

An introduction/refresher to the basic rules, skills and techniques in handball. The course will provide a number of useful teaching ideas, including warm-ups and development activities, to enable those with an interest or remit in PE teaching to teach a block of handball effectively. The course is open to both primary and secondary teachers as well as community coaches.

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in the Physical Activity.

Click to return to calendar

PMP

This course aims to introduce the Perceptual Motor Programme designed for Early Years (P1) The programme aims to develop the child's perceptions and understandings of himself and his world through movement experiences. It is a motor programme where language is the key factor in providing the perceptual knowledge about the motor experience. It develops skills pre-requisite to formal learning in the classroom and is loads of fun!

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in the Physical Activity

Click to return to calendar

Gymnastics Competition CLPL

Who is this Aimed at:

Teachers and other school staff employed by the school who wish to improve their understanding and knowledge of the Gymnastics Competitions that schools are able to take part in.

What To Expect:

An informative course to provide learners with the confidence to deliver quality gymnastics sessions during curriculum time and in an afterschool club environment in relationship to schools competitions and events.

Outcomes:

- Build confidence in your approach to gymnastics
- Give you the ability to incorporate floor sequences and vaulting skills of which apply to competitions
- Understand how to make floor sequences flow using various linking moves
- Teach you how to identify and remedy common faults which judges may pick up on

Click to return to calendar

Yoga CLPL

This Yoga course is predominantly for Staff & Volunteers working with Primary aged children.

Attendees will be provided with practical knowledge and resources for delivering yoga based games and activities which can be delivered within a gym hall and/or classroom setting, and can be used as part of:

- PE / extra-curricular club provision
- Fostering a sense of calm and focus within the classroom
- Classroom energisers
- Developing key transferable skills such as communication and teamwork

Several videos of this course can be found on YouTube- 'Yogido Level 1' Or through the link <https://www.youtube.com/watch?v=EIAPz-sBzKs>

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in the Physical Activity

There is a £35 fee to attend this course, at the time of booking you will be asked to provide a cost centre / subjective code for your school to confirm your place. After attending the course a journal transfer will be arranged from your schools cost centre for the cost of the course. Fees will be taken from subjective code 415000 unless stated otherwise. This fee covers the tutors time and resources, those who cancel a place on the course within 48 hours of the course date/time will still be charged. There are a maximum of 24 places on the course due, please book in advance as anyone turning up without booking beforehand will not be able to attend.

Click to return to calendar

Basic Hockey CLPL

The purpose of this course is to give Primary school staff the confidence to deliver high quality learning and teaching from early level to second level in hockey.

The course will:

- Increase class teachers' confidence in delivering hockey
- Increase class teachers' knowledge and understanding in relation to planning, Es and Os and Significant Aspects of Learning
- Give class teacher's resources and ideas in relation to delivering primary hockey lessons

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in the Physical Activity.

Click to return to calendar

Yoga CLPL (Early / Nursery)

This **NEW** Yoga course is predominantly for Staff working with children in a Nursery and/or Primary School Early Years setting.

This course specifically designed for younger children includes a number of Yoga based games and activities. It also includes 4 Yoga Adventure Stories to take children on an active journey through Space, the Ocean, the Jungle and on a Christmas mission. Every attendee will receive a free resource pack so they can put the activities straight into action.

A video of the nursery stories in action can be found on YouTube- 'Yogido Yoga Nursery Stories' (Clever Clogs Nursery) Or through the link <https://www.youtube.com/watch?v=-IV-hLGgsS0>

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in physical activity.

There is a £35 fee to attend this course, at the time of booking you will be asked to provide a cost centre / subjective code for your school to confirm your place. After attending the course a journal transfer will be arranged from your schools cost centre for the cost of the course. Fees will be taken from subjective code 415000 unless stated otherwise. This fee covers the tutors time and resources, those who cancel a place on the course within 48 hours of the course date/time will still be charged. There are a maximum of 24 places on the course due, please book in advance as anyone turning up without booking beforehand will not be able to attend.

Click to return to calendar

Better Movers & Thinkers

Better Movers and Thinkers (BMT) is an innovative, exciting and challenging movement and learning programme for Physical Education, which focuses directly on enhancing the links between movement and thinking, and how these critical elements scaffold the development of physical performance and learning across the curriculum. The programme is being rolled out nationally through Education Scotland.

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in the Physical Activity

Click to return to calendar

Better Movers & Thinkers Advanced

Better Movers & Thinkers (BMT) is an approach to learning & teaching in Physical Education (PE) designed to develop the ability of all children and young people to move and think in a more cohesive way with a specific focus on developing, enhancing and fostering Executive Function skills with the learning process.

This intermediate/advanced course is relevant to practitioners across all sectors who deliver PE and will look at how a BMT approach can be implemented into your current practice and within a variety of activities, developing your pedagogical approach in PE to enhance the learner's experience.

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in the Physical Activity

Click to return to calendar

Sport Education

Sport Education is a successful model which allows students to experience a real life sporting season whilst promoting healthy competition, sportsmanship and cooperation. Sport Education can facilitate Primary Physical Education Curriculum criteria whilst allowing Primary Teachers to explore cross-curricular opportunities.

This course comes with a free resource which will allow the pupils and teachers the opportunity to get started with Sport Education.

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in the Physical Activity

Click to return to calendar

Introduction to New Age Bowls CLPL for P1 – P7

The purpose of this course is to give Primary school staff the confidence to deliver high quality learning and teaching from primary 1 to primary 7 in the sport of New Age Bowls.

The course will:

- Increase class teachers' confidence in delivering New Age Bowls
- Increase class teachers' knowledge and understanding of Bowls
- Give class teacher's resources and ideas in relation to delivering primary New Age Bowling during and after school.

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in the Physical Activity

This course will be delivered by Active Schools staff.

Click to return to calendar

Basic Gymnastics CLPL

The purpose of this course is to give Primary school staff the confidence to deliver high quality learning and teaching from early level to second level in gymnastics.

The course will:

- Increase class teachers' confidence in delivering gymnastics
- Increase class teachers' knowledge and understanding in relation to planning, Es and Os and Significant Aspects of Learning
- Give class teacher's resources and ideas in relation to delivering primary gymnastics
- Support class teacher's in relation to floor work, setting up apparatus and using it safely.

This Course will be delivered by Primary PE Specialists, Secondary PE Staff and Active Schools.

Click to return to calendar

Badminton Scotland CFE Primary Levels 1 & 2

This 2 hour course is suitable for primary school teachers, classroom assistants and young sports leaders. Using various activity lesson plans and resource cards the session focuses on delivery through fun games featuring basic racket skills and movement patterns.

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in physical activity.

There is a £15 fee to attend this course. At the time of booking you will be asked to provide a cost centre / subjective code for your school to confirm your place. After attending the course a journal transfer will be arranged from your schools cost centre for the cost of the course. Fees will be taken from subjective code 415000 unless stated otherwise. This fee covers the tutors time and resources, those who cancel a place on the course within 48 hours of the course date/time will still be charged.

Click to return to calendar

Yoga CLPL (Level 2)

This **NEW** Yoga course is predominantly for School Staff and Volunteers working with Primary aged children.

This course focuses on two main areas and the role these play in children's learning:

- 1) **Chair Yoga for the Classroom**- increase activity, brain breaks, energisers, regaining focus
- 2) **Outdoor Yoga**- links to outdoor learning & the impact fresh air and the outdoors have on learning

Every attendee will receive a free resource pack including all of the activities from the course which can be put straight into practice.

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in the Physical Activity

There is a £35 fee to attend this course, at the time of booking you will be asked to provide a cost centre / subjective code for your school to confirm your place. After attending the course a journal transfer will be arranged from your schools cost centre for the cost of the course. Fees will be taken from subjective code 415000 unless stated otherwise. This fee covers the tutor's time and resources, those who cancel a place on the course within 48 hours of the course date/time will still be charged. There are a maximum of 24 places on the course due, please book in advance as anyone turning up without booking beforehand will not be able to attend.

Click to return to calendar

Dance CLPL

The purpose of this course is to give Primary school staff the confidence and knowledge to deliver high quality learning and teaching from early level to second level in creative dance.

The course will:

- Increase class teachers' confidence in delivering creative dance
- Increase class teachers' knowledge and understanding in relation to planning, E's and O's and Significant Aspects of Learning
- Give class teacher's resources and ideas in relation to delivering creative dance such as warm ups and travelling practises
- Introduce participants to creative dance tasks based on a theme which will result in a piece of work which can be built up over a number of sessions.

This course will be delivered by Secondary PE Staff who have an excellent understanding of early to second level and in partnership with Active Schools.

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in the Physical Activity

Click to return to calendar

Cardio Tennis CLPL

Cardio Tennis is a tennis inspired workout played to up-tempo music. It does not require tennis skills, but is all about keeping your heart rate up, burning calories and having fun. Whether the ball goes in or out is irrelevant as the main purpose is to get fit and stay healthy.

The 3 hour, 'Cardio Tennis Teacher Training Course' has been developed for secondary school teachers, to provide them with the knowledge and skills to deliver Cardio Tennis within a school environment. This can also be adapted for upper school in primaries.

Click to return to calendar

First Club Golf

The firstclubgolf programme is designed for use with primary aged children from P5 onwards. The programme uses training, resource cards and equipment to help staff to develop their pupil's golf skills.

The cards have been carefully designed so they: -

- Require no prior knowledge of golf
- Support and can be integrated with the school health programmes
- Introduce a range of skills and activities
- Offer a variety of activities using stations and rotational approach
- Can be used on the school site
- May be used with whole class
- Link to Significant Aspects of Learning in PE.

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in the Physical Activity

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in the Physical Activity

Click to return to calendar

Primary Schools Tennis Teacher Training Course

The three-hour 'Primary School Teacher Training Course' has been developed to give non-PE specialist teachers the confidence and tools to deliver tennis to a class of children in a small space. The course demonstrates how, with smaller courts, nets and rackets and lower bouncing balls, mini tennis can offer the perfect introduction to the sport, with all the fun and energy of the real thing.

This course is aimed at qualified and active primary school teachers, teaching assistants and those working and delivering physical education in a primary school environment.

Click to return to calendar

Basic Basketball CLPL

- Warmup ideas for basketball sessions and fundamental skill development
- BMT in basketball
- Significant Aspects of Learning in basketball in basketball
- Refereeing in basketball
- Ideas for high quality games

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in the Physical Activity

Click to return to calendar

Fun Athletics (Run,Jump,Throw)

The Fun Athletics (Run, Jump and throw), is designed to give an overview for a variety of Athletics development skills for Primary aged children. The course will help provide an introduction to Run, Jump and Throw with progressive activities for all children to follow. In addition to progressive Athletics activities, the course will help provide teachers and staff the knowledge and break down of Athletics Skills.

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in physical activity.

Click to return to calendar

Netball CLPL

Introduction to Netball aims to provide participants with the necessary skills, knowledge and understanding to competently lead netball sessions within the primary or secondary school. The course will cover netball positions, court markings and rules and will also provide participants with a resource pack that includes a range of coaching games, activities and template session plans. Introduction to Netball' will also outline the current structure of netball development within West Lothian including pathways for children to develop from primary to secondary and beyond

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in the Physical Activity.

Click to return to calendar

Disability Inclusion Training

Practical ideas for including school age children with a disability in PE and sport.

This is an excellent introductory workshop into disability sport in Scotland. This course provides delegates (16+) with the following opportunities:

- To recognise and influence how perceptions and experience have on interactions and our expectations of others.
- Identify appropriate disability-specific terminology, etiquette and communication.
- Articulate the principles of Current Legislation and know who to contact for further information
- Outline the barriers, which may need to be challenged in order to create opportunity.
- Identify the participation opportunities within disability sport.
- Recognise how to influence (even change) practices and facilitate inclusion.

The 5 hour long course will be delivered through two sessions, the first session is theory based and the second session provides practical examples.

Please inform the tutor at the beginning of the course if you cannot take part physically in any part of the session. Please wear appropriate clothing and footwear for taking part in the Physical Activity

Click to return to calendar