

PE and Sports Coaching Conference



20-21 October 2014
at Dulwich College, Suzhou

www.independentcoacheducation.co.uk/suzhou

**BOOK ONLINE BY 31st JULY TO
REGISTER YOUR INTEREST**

WELCOME

This Coaching Conference is intended to provide teachers and coaches with CPD opportunities ahead of their school seasons. Suitable for working with age ranges 10 years old upwards, the content will provide inspirational drills and ideas to develop training

programmes and contemporary strategies for match days. The team of presenters represent the very best in their respective sports. The conference dinner is an excellent opportunity for networking as well as to hear about recent developments from performance culture.

PRESENTERS

Martin Brockman

Martin first took up the decathlon aged 17 after spending several years as a national standard high jumper. After gaining his first Great Britain vest aged 20, Martin went on to represent England at the Commonwealth Games in Delhi where he won the Bronze medal. He is currently training to represent Great Britain in the Glasgow Commonwealth games 2014.



Neil Rollings

Neil Rollings was Director of Sport in HMC schools for 21 years. He is an Independent Schools Inspector and Associate Consultant with Independent Professional Development. He advises independent schools in Britain and abroad on all aspects of sport, including marketing and recruitment.



Dr Jim Lavin

Dr. Jim Lavin was head of physical education at the University of Cumbria. He is now a physical education consultant and trainer. He has won a number of teaching awards including the AfPE main teaching award in 2009. He has published widely on physical education and has presented at many national conferences in the UK and the USA. He is the editor of 'Creative Approaches to Physical Education: helping children to achieve their true potential'.



ACCOMMODATION

Delegate accommodation is at the Jinji Lake Shilla Hotel (www.suzhoushilla.com) in single ensuite rooms, although twins and doubles are available. This is on a bed and breakfast basis. The hotel is a 5 minute taxi away from Dulwich College.



PRICES

Conference only

- £199** for one delegate for one day
- £349** for one delegate for two days
- £599** for two delegates from the same school for two days

Extras

- £75** single ensuite room per night
- £30** Conference Dinner
- £35** Airport Transfer per car

Prices inclusive of tax and wifi.

Book online www.independentcoacheducation.co.uk/suzhou

Book by telephone **+44 (0)15395 60060**

PROGRAMME

MONDAY 20 OCTOBER

9.30 am SESSION ONE
Athletics
Sprints, Sprint starts, Hurdles and Relays, High Jump
with **Martin Brockman**
Primary PE
PE for 4 - 7 year olds
with **Dr Jim Lavin**

12.00 pm LUNCH

1.00 pm - 3.30 pm SESSION TWO
Athletics
Throws, Long Jump and Triple Jump
with **Martin Brockman**
Primary PE
Teaching and Developing the Pitching and Hitting Skills.
with **Dr Jim Lavin**
Seminar
Personal Effectiveness for Directors of Sport
with **Neil Rollings**

7.30 pm COURSE DINNER AT THE CHATRIUM HOTEL
Presentation:
Creating a Culture of High Performance
and Q and A's with the team

TUESDAY 21 OCTOBER

9.30 am SESSION THREE
Athletics
Sprints, Sprint starts, Hurdles and Relays, High Jump
with **Martin Brockman**
Rugby
RFU Coach Licence Course
with **Neil Rollings**
Primary PE
Creative games for 7 - 11 year olds
with **Dr Jim Lavin**

12.00 pm LUNCH

1.00 pm - 3.30 pm SESSION FOUR
Athletics
Throws, Long Jump and Triple Jump
with **Martin Brockman**
Rugby
RFU Coach Licence Course (continued)
with **Neil Rollings**
Primary PE
Creative games for 7 - 11 year olds
with **Dr Jim Lavin**

ICE and PADSIS (The Professional Association of Directors of Sport in Independent Schools) Certification issued on successful completion of each course.

COURSE DETAILS

ATHLETICS

This inspiring presentation encourages teachers to enliven their Athletics lessons with technical understanding as well as new practices and drills. Entertaining deliveries, breath taking demonstrations unrivalled expertise make this a lively and memorable day. This course is suitable for teachers of all levels of expertise, as well as those delivering the Athletics modules at GCSE and AS/A2.

- Warm up activities for young athletes
- Improving sprinting technique
- Sprint start
- Teaching hurdle technique
- High Jump/Long Jump/Triple Jump
- Developing throws: Shot, Discus, Javelin
- Analysing technique and diagnosing faults
- Coaching for individual improvement
- Officiating schools competitions

RFU COACH LICENCE COURSE

This course is one of the most popular with teachers in British schools, and coaches of the game. It presents a simple philosophy aimed at making the game nagging and enjoyable through an approach based on enterprise, evasion and continuity. It will equip participants with a range of differentiated practices and games to build a repertoire of core skills and strategies. It will also cover contemporary safe practice in tackle, scrum and contact areas.

- A philosophy for coaching youth rugby
- Introducing core skills
- A skill and evasion based approach
- Creating continuity and promoting enjoyment
- Coaching the contact situation
- Safety first scrummaging
- Building a backline
- Games based coaching

COURSE DETAILS (continued)

PRIMARY PE

For 4 to 7 year olds: The key years for success in physical activity and sport

Teaching physical education to children aged 4 to 7 requires a specific knowledge of developmentally appropriate activities for this age range. The move from play based physical development activities taught in the Early Years Foundation Stage to more directed learning is achieved through a focus on specific principles and approaches. This seminar considers how PE teachers can ensure success and progression in developing essential motor skills.

- **Blay into directed play with a skill focus**
- **Fundamental movement skills**
- **Physical literacy**
- **Bupa 'Start to move' initiative**
- **Multi-skills**
- **Target games**
- **Outdoor play**

Creative games for 7 to 11 year olds

There is now a much greater appreciation of the need to teach games effectively to this age group. They really are 'the skill hungry years'. Moreover there is a greater recognition that during this period children adopt exercise patterns that stay with them for life. To achieve success in many sports there needs to be a pattern of skill development laid down during this time. Traditionally games have been taught to this age group by a focus on a number of key sports, focused on the development of technical competence using a 'skills and drills' approach. Whilst acknowledging the value of this approach, this seminar looks at a range of other teaching approaches and curriculum content in order to achieve success for all pupils whilst still promoting excellence and achievement.

- **Student designed games**
- **SAQ approaches (speed, agility, quickness)**
- **Teaching exercise principles through games - the distraction theory**
- **Teaching games for understanding - adapted to this age group**
- **Tactical Games model**
- **Play practice model**
- **Fundamental movement skills**
- **STEP principles (space, time, equipment, people)**
- **Curriculum planning.**

SEMINARS

The Role of The Director of Sport

This seminar is aimed at recently appointed Directors of Sport, and those who intend to apply for these roles in the near future. It seeks to clarify understanding of the scope and possibilities of the role, and illustrate how a leadership approach enables the Director of Sport to achieve more.

- **What is a Director of Sport?**
- **Becoming a leader**
- **Leadership, management and administration**
- **Establishing aims and goals**
- **Building structures and systems**
- **Satisfying parental expectations**
- **Dealing with difficult colleagues**
- **Creating the games programme**
- **Participation v performance**
- **Choice v compulsion**
- **Quality and equality**
- **Working with head and bursar**
- **How to avoid a nervous breakdown**

Personal Effectiveness for Directors of Sport

This is a course for practising Directors of Sport who wish to manage their workload better and achieve more. It focuses on a leadership approach, and considers how this can support management systems and the development of new projects. Dealing with people, managing expectations, working with difficult colleagues and parents are all part of a realistic, practical programme to help Directors of Sport enjoy greater effectiveness.

- **Distinguishing leadership from management**
- **Being effective, not just busy**
- **Developing leadership skills**
- **Working in the top 20% of your capacity**
- **Creating and operating management systems**
- **People skills: managing parents and colleagues**
- **360 degree leadership: managing those above you**
- **Devising and implementing new initiatives**
- **Project management**
- **Separating the important from the urgent**
- **Improving time management**

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