



Course Aims / Objectives / Descriptions

First Published Draft

Early Years

FUNS for everyone – Enabling essential physical skills

Rationale

It is essential to provide an environment where Foundation Stage children can develop the fundamental movement skills they need to move confidently and maximize their physical potential.

Learning Outcomes

- All delegates will be able to use the Early Years FUNs resource
- All delegates will be able to explain what fundamental movement Skills are and why they essential for Foundation Stage children
- Most delegates will be to select a range of activities to improve the fundamental movements skills of Foundation Stage children
- Some delegates will be to select a range of strategies to improve the fundamental movements skills of Foundation Stage children

Course Outline

This fun packed practical course offers early years practitioners a mix of creative songs, stories and physical challenges that introduce and reinforce fundamental movement skills that children need to learn to flourish physically.

Supporting Resources:

Delegates on the course receive a set of progressive physical activity cards and games, songs and stories to deliver the activities through.

Primary

FUNS for everyone - Physical literacy for all

Rationale

It is essential to provide Primary aged children with the fundamental movement skills they need to maximize their physical potential and confidence in PE and Sport.

Learning Outcomes:

- All delegates will be able to explain what FMS are and why they essential for primary age children
- All delegates will be to use the “FUNS” resources to better *include, challenge* and *support* all children in P.E. and Sport
- Most delegates will be to apply the “FUNS” philosophy to better *include, challenge* and *support* all children in P.E. and Sport
- Some delegates will be to deliver FUNS using a range of delivery methods

Course Overview

This fun and practical course offers primary practitioners a comprehensive and progressive package of physical challenges that introduce and reinforce fundamental movement skills that children need to be physically literate.

Supporting Resources:

Delegates on the course receive a full set of ‘FUNS for everyone’ resources, including Teacher’s Folder, Interactive DVD and Student Cards.

Raising The Bar – Developing the whole child through PE

Rationale

It is increasingly recognised that high quality teaching and learning in PE focuses on the development of the whole child. This approach provides greater possibilities for more children to thrive and excel, while for those perceived to be the most able, adopting a ‘multi-ability’ approach will help them maximise their potential and develop as more rounded athletes and individuals. This course will explore what this looks like in practice and support the teacher to develop a more holistic and effective approach to teaching PE.

Learning Objectives:

By the end of the course participants will be able to:

- ALL - Explain the benefits of a multi-abilities approach to PE
- ALL - Review and challenge previous practice and explore how the ‘Raising the Bar’ resources and philosophy can better include, challenge and support all learners
- MOST - Identify a range of delivery and intervention methods to stretch the 5 abilities of their own pupils
- MOST - Describe a change in their teaching practice that will better include, challenge and support their learners
- SOME - Pilot a multi-skill/multi-ability approach using the Raising the Bar and FUNS programmes with a specific group/cohort
- FEW – Integrate a multi-skill/multi-ability approach throughout the school using the Raising the Bar and FUNS for everyone programmes

Course Overview

During this practical course we explore how we can include, challenge and support all children more effectively by adopting Morley and Bailey's '**multi-ability**' approach to PE and Sport. Using 'Raising the Bar', a personalised multi-skills programme and resource for achieving outstanding learning in PE and Sport, we demonstrate how PE and Sport, if delivered effectively, is a fantastic vehicle to develop not just the physical abilities of children but also the personal, social, cognitive and creative abilities of learners.

Supporting Resources:

Delegates on the course receive a resource file which contains 33 double-sided A3 cards built around 3 parallel schemes of work. 'Raising the Bar' provides a library of ideas for warm-ups, pairs/group multi-skills activities and non-traditional games to challenge and develop all children.

ACCELERATING Abilities – Implementing Assessment for Learning

Aim – Accelerating Abilities builds on the Raising the Bar course, with a focus on Assessment for Learning and planning for implementation of an effective and innovative curriculum.

Learning Objectives:

By the end of the course:

- ALL will be able to explain the purpose and benefits of assessment in PE
- All will be able to describe why and how to assess against *abilities* as opposed to sports
- Most will be able to identify better ways apply Assessment For Learning (AFL) principles in their own delivery
- Some will be ready to pilot the '*Raising the Bar*' web-based tool to support their tracking, planning and assessment of all children.

Course Overview

This course looks at how we can use Assessment for Learning to drive our curriculum mapping, schemes of work and teaching/learning practice to ensure we can move from Good to Outstanding.

Supporting Resources:

Delegates on the course receive a set of 72, double sided 'Raising the Bar' Student Cards and a set of A3 *ACCELERATING Abilities* posters clearly mapping learning journeys with National Curriculum levels. In addition, delegates will be able to access a trial of a groundbreaking electronic assessment product to celebrate and evidence accelerated learning as well as providing an effective tool to inform future planning.

Learn to Compete, Compete to Learn – Creating Healthy Competition

Rationale

Done well early competitive experiences can inspire motivate and enthuse children and can be the force that drives them along their personal sporting journey or pathway.

Done badly early competitive experiences can end the sporting journey before it has even begun.

Competition is high on the agenda and this course embraces competition in the broadest sense. It offers teachers interactive and inclusive strategies and ideas to engage all children in healthy and appropriate competition.

Learning Outcomes:

By the end of the course:

All delegates will be able to

- ALL will be able to discuss options for skill based competition
- ALL will be able to use the competition resource in a practical situation
- Most will be able to include and challenge children by delivering a range of competitive formats and activities
- Some delegates will be able to transfer and develop further applications of the principles of the competition continuum for young people

Course Outline

This practical course will equip teachers to explore the building blocks of competition and support the development of key emotional skills. It will provide fun and practical activities and strategies to prepare children positively for life long participation and competition.

Supporting Resources:

Delegates on the course receive a resource file which contains a range of competition cards based on games to teach winning and losing, FUNs for everyone and Raising the Bar based competitive activities, and creative games formats.

Family FUNS – Engaging Families

Family FUNS is a fun and engaging programme aimed at accelerating the development of the fundamental movement skills of children, actively involving a parent or carer to work alongside their child, under the support and guidance of a trained deliverer.

A key focus of the programme is the personal and social development of the children combined with increasing the confidence and activity levels of parent and carers.

Alongside physical improvement, 'Family FUNS' aims to increase the self-esteem of the children, build determination and resilience, improve their ability to cooperate and work well with others and ultimately encourage them to take greater responsibility for their own activity and learning.

Family FUNS can be aimed at engaging families with children in:

Early Years

Key Stages 1 and 2

Young people with disabilities

The programme can support attaining the following:

- Increasing child activity levels (*extra-curricular clubs*)
- Childhood obesity targets (*health based interventions*)
- Revenue generation (*opportunity to create sustainability*)
- Parental engagement into school (*bringing parent onto school site*)
- Increase the level of physical literacy (*developing life-long participation*)
- Develop the child's personal and social skills (*increasing self-esteem and a sense of belonging*)

Secondary

FUNS for everyone – Physical Literacy for all

Rationale

It is essential that Secondary aged young people have the fundamental movement skills to maximize their physical potential and confidence in PE and Sport.

Learning Outcomes:

- All delegates will be able to explain what FMS are and why they essential for Secondary age young people
- All delegates will be to use the “FUNS” resources to better *include, challenge* and *support* all young people in P.E. and Sport
- Most delegates will be to apply the “FUNS” philosophy to better *include, challenge* and *support* all young people in P.E. and Sport
- Some delegates will be to deliver FUNS using a range of delivery methods

Course Overview

This fun and practical course offers Secondary practitioners a comprehensive and progressive package of physical challenges that reinforce and embed fundamental movement skills that are essential for young people to reach their potential in PE and Sport.

Supporting Resources:

Delegates on the course receive a full set of ‘FUNS for everyone’ resources, including Teacher’s Folder, Interactive DVD and Student Cards.

Raising the Bar – Including, Challenging and Supporting the Whole Child through PE and Sport

Rationale

It is increasingly recognised that high quality teaching and learning in PE and Sport focuses on the development of the whole child. This approach provides greater possibilities for more children to thrive and excel, while for those perceived to be the most able, adopting a ‘multi-ability’ approach will help them maximise their potential and develop as more rounded athletes and individuals. This course will explore what this looks like in practice and support the teacher to develop a more holistic and effective approach to teaching PE and Sport.

Learning Objectives:

By the end of the course participants will be able to:

- ALL - Explain the benefits of a multi-abilities approach to PE and Sport
- ALL - Review and challenge previous practice and explore how the ‘Raising the Bar’ resources and philosophy can better include, challenge and support all learners
- MOST - Identify a range of delivery and intervention methods to stretch the 5 abilities of their own pupils
- MOST - Describe a change in their teaching practice that will better include, challenge and support their learners
- SOME - Pilot a multi-skill/multi-ability approach using the Raising the Bar and FUNS programmes with a specific group/cohort

- FEW – Integrate a multi-skill/multi-ability approach throughout the school using the Raising the Bar and FUNS programmes

Course Overview

During this practical course we explore how we can include, challenge and support all children more effectively by adopting Morley and Bailey's '**multi-ability**' approach to PE and Sport. Using 'Raising the Bar', a personalised multi-skills programme and resource for achieving outstanding learning in PE and Sport, we demonstrate how PE and Sport, if delivered effectively, is a fantastic vehicle to develop not just the physical abilities of children but also the personal, social, cognitive and creative abilities of learners.

Supporting Resources:

Delegates on the course receive a resource file which contains 33 double-sided A3 cards built around 3 parallel schemes of work. 'Raising the Bar' provides a library of ideas for warm-ups, pairs/group multi-skills activities and non-traditional games to challenge and develop all children.

ACCELERATING Abilities – Using Assessment for learning to accelerate development

Aim – Accelerating Abilities builds on the Raising the Bar course, with a focus on Assessment for Learning and planning for implementation of an effective and innovative curriculum.

Learning Objectives:

By the end of the course:

- ALL will be able to explain the purpose and benefits of assessment in PE
- All will be able to describe why and how to assess against *abilities* as opposed to sports
- Most will be able to identify better ways apply Assessment For Learning (AFL) principles in their own delivery
- Some will be ready to pilot the '*Raising the Bar*' web-based tool to support their tracking, planning and assessment of all children.

Course Overview

This course looks at how we can use Assessment for Learning to drive our curriculum mapping, schemes of work and teaching/learning practice to ensure we can move from Good to Outstanding.

Supporting Resources:

Delegates on the course receive a set of 72, double sided 'Raising the Bar' Student Cards and a set of A3 *ACCELERATING Abilities* posters clearly mapping learning journeys with National Curriculum levels. In addition, delegates will be able to access a trial of a groundbreaking electronic assessment product to celebrate and evidence accelerated learning as well as providing an effective tool to inform future planning.

Learn to Compete, Compete to Learn – Creating Healthy Competition

Rationale

Done well early competitive experiences can inspire motivate and enthuse children and can be the force that drives them along their personal sporting journey or pathway.

Inclusion

FUNS for everyone – Physical Literacy for all

Rationale – It is essential that disabled young people have the fundamental movement skills to maximize their physical potential and confidence in PE and Sport.

Learning Objectives:

- All will be able to explain what Fundamental Movement Skills are and why they essential for disabled young people
- All will be able to use the FUNS for everyone r resources to better *include, challenge* and *support* all young people in P.E. and Sport
- Most will be to apply the FUNS for everyone philosophy to better *include, challenge* and *support* all young people in P.E. and Sport
- Some will be to deliver FUNS for everyone using a range of delivery methods

Course Overview

This fun and practical course is a specialised version of the FUNS for everyone Multi skills course. It covers the progressive FUNS activities while focusing on those young people with higher level of impairments and challenges. It shares the successes that schools have had in delivering FUNS for everyone in a variety of special and mainstream settings. This course can be tailored to address individual needs such as autism, learning difficulties and specific physical difficulties.

Supporting Resources:

Delegates receive the FUNS folder, inclusive DVD and FUNS Student Cards

Learn to Compete, Compete to Learn – Creating Healthy Competition

Rationale

Done well early competitive experiences can inspire motivate and enthuse children and can be the force that drives them along their personal sporting journey or pathway.

Done badly early competitive experiences can end the sporting journey before it has even begun.

Competition is high on the agenda and this course embraces competition in the broadest sense. It offers teachers interactive and inclusive strategies and ideas to engage all children in appropriate competition.

Learning Outcomes:

By the end of the course:

- All will be able to discuss the competition continuum
- All will be able to use the competition resource in a practical situation
- Most will be able to include and challenge children by delivering a range of competitive formats and activities
- Some will be able to transfer and develop further applications of the principles of the competition continuum for young people
- Some will be able to personalise the delivery of competition to suit different young people

Course Outline

This practical course will equip teachers to explore the building blocks of competition and support the development of key emotional skills. It will provide fun and practical activities and strategies to prepare children positively for life long participation and competition.

Supporting Resources:

Delegates on the course receive a resource file which contains a range of competition cards based on games to teach winning and losing, FUNs for everyone and Raising the Bar based competitive activities, and creative games formats.

Family FUNS – Engaging families in physical development

Family FUNS is a fun and engaging programme aimed at accelerating the development of the fundamental movement skills of children, actively involving a parent or carer to work alongside their child, under the support and guidance of a trained deliverer.

A key focus of the programme is the personal and social development of the children combined with increasing the confidence and activity levels of parent and carers.

Alongside physical improvement, 'Family FUNS' aims to increase the self-esteem of the children, build determination and resilience, improve their ability to cooperate and work well with others and ultimately encourage them to take greater responsibility for their own activity and learning.

Family FUNS can be aimed at engaging families with children in:

Early Years

Key Stages 1 and 2

Young people with disabilities

The programme can support attaining the following:

- Increasing child activity levels (*extra-curricular clubs*)
- Childhood obesity targets (*health based interventions*)
- Revenue generation (*opportunity to create sustainability*)
- Parental engagement into school (*bringing parent onto school site*)
- Increase the level of physical literacy (*developing life-long participation*)

- Develop the child's personal and social skills (*increasing self-esteem and a sense of belonging*)

More Talented and Able

FUNS for everyone - Maximising potential

Rationale

To explore the importance of high quality fundamental movement in unlocking long-term potential in young athletes and to introduce the 'FUNS for everyone' programme as a better solution for identifying and developing the physical abilities of more able children in PE and Sport.

Learning Objectives:

By the end of the course:

- **ALL** will be able to explain what multi-skills and fundamentals are and why they are so important to long term development of young athletes
- **ALL** will explore how the "FUNS" resources and philosophy can be used to better *identify, challenge* and develop more able children in P.E. and Sport
- **MOST** will identify a range of deliver and intervention methods to stretch their own young athletes
- **MOST** will be able to review their own G&T Policy
- **SOME** will ready to begin to design and pilot a more inclusive and effective G&T ID development programme for their school/Club

Course Outline

'FUNS' is a practical course to explore and familiarize with 'FUNS'- a fundamental movement programme. Delegates will have an opportunity to identify clear physical learning journeys for all their young athletes with the ability to extend even the most able providing the platform for them develop higher order sport/activity skills.

Supporting Resources:

Delegates on the course receive a full set of 'FUNS for everyone' resources, including Teacher's Folder, Interactive CD and Student Cards.

Raising the Bar – Effective identification and development

Rationale

To explore how we can identify, challenge and develop more able children more effectively through a 'multi-ability' approach to PE and Sport. We can maximise the potential of our young athletes by adopting a broader definition of Talent, which recognises the essential role PE and Sport plays in developing the 'whole child', including their personal, physical, social, cognitive and creative abilities.

Learning Objectives:

By the end of the course:

- **ALL** will explain the benefits of a multi-abilities approach as broad, balanced, child-centred approach to PE and Sport
- **ALL** Describe how the "Raising the Bar" resources and philosophy builds upon the 'FUNS' programme, to better *identify, challenge* and *develop* more able children in P.E. and Sport

- **ALL** will review and challenge previous practice in identifying and developing talented young athletes
- **MOST** will Identify a range of deliver and intervention methods to stretch the 5 abilities of their own young athletes
- **SOME** will ready to design and implement a more inclusive and effective G&T ID development programme based around the 5 Abilities model (Morley and Bailey) for their school/Club

Course Overview

‘Raising the Bar’ is a personalised multi-skills programme and resource for achieving outstanding learning in PE and Sport. On this practical course we explore how by adopting the Morley and Bailey model the development of the whole child by adopting a **multi-ability** approach to PE and Sport, where we encourage delegates to **include, challenge** and **support** not just through the physical but also the personal, social, cognitive and creative abilities of learners.

Supporting Resources:

Delegates on the course receive a resource file which contains 33 double-sided A3 cards built around 3 parallel schemes of work. ‘Raising the Bar’ provides a library of ideas for warm-ups, pairs/group multi-skills activities and non-traditional games to challenge and develop even the most able young athletes.

ACCELERATING Abilities – Embedding policies and programmes

Aim – Accelerating Abilities builds on the Raising the Bar course, with a focus on Assessment for Learning and planning for implementation of an effective G&T policy and programme.

Learning Objectives:

By the end of the course:

- ALL will be able to explain the purpose and benefits of assessment in PE
- All will be able to describe why and how to assess against *abilities* as opposed to sports
- Most will be able to identify better ways apply Assessment For Learning (AfL) principles in their own delivery
- Some will be ready to pilot the ‘*Raising the Bar*’ web-based tool to support their tracking, planning and assessment of more able children.

Course Overview

This course looks at how we can use Assessment for Learning to drive our curriculum mapping, schemes of work and teaching/learning practice to ensure we can move from Good to Outstanding.

Supporting Resources:

Delegates on the course receive a set of 72, double sided ‘Raising the Bar’ Student Cards and a set of A3 **ACCELERATING** Abilities posters clearly mapping learning journeys with National Curriculum levels. In addition, delegates will be able to access a trial of a groundbreaking electronic assessment product to celebrate and evidence accelerated learning as well as providing an effective tool to inform future planning.

NGB and Coach Providers

FUNS for everyone - Developing fundamental movement skills in children, players and athletes

Rationale

Many children's ability to play and enjoy sport is affected as they have not developed their key fundamental movement skills, while the potential of players and athletes will also be limited through a gap, deficiency or imbalance in their fundamentals. This course will support the coach to develop the key fundamental movement skills in all their players and athletes at whatever level they work.

Learning Outcomes

By the end of the course participants will be able to:

- ALL - Explain what Fundamental Movement Skills are and why they are so important to both sports participation and maximising potential
- ALL – Use the FUNS programme and principles of progressive challenge to better develop the fundamental movement of all children, players and athletes
- MOST - Identify how to integrate fundamental movement challenges within their sessions using a variety of delivery methods
- SOME - Identify significant changes to their coaching or the coaching within their school/club that will enable them to better develop their children, players or athletes

Course Outline

This interactive, practical workshop explores the importance of fundamental movement skills as the building blocks that underpin the ability to play and be involved in many different sports and activities. Why is it so important for young people to develop these skills as early as possible? What is the impact if these skills are not developed? Can we improve performance even among our best players/athletes by revisiting and improving their fundamental movement skills?

Supporting Resources

Delegates on this workshop will have the option of purchasing Create Development's market leading 'FUNS for everyone' resources, including Coach's Folder, Interactive DVD and Student Cards. They will also be able to access the online FUNS tool which can be used by the coach and/or athletes to monitor their progress through a comprehensive fundamental movement programme.

Raising the Bar - Developing the whole person to produce better performers

Rationale

It is increasingly recognised that high quality coaching focuses on the development of the whole child, player or athlete. This approach provides greater possibilities for more children, players and athletes to thrive and excel in Sport, while for those perceived to be the most able, adopting a 'multi-ability' approach to coaching will help them maximise their potential and develop as more rounded athletes and individuals. This course will support the coach to develop a more holistic approach to their coaching.

Learning Outcomes

By the end of the course participants will be able to:

- ALL - Explain the benefits of a multi-abilities approach as broad, balanced, athlete/child-centred approach to coaching Sport
- ALL - Describe how the “Raising the Bar” resources and philosophy builds upon the ‘FUNS’ programme, to enable the coach better *identify, challenge* and *develop* children, players and athletes
- ALL - Review and challenge previous coaching practice
- MOST - Identify a range of delivery and intervention methods to stretch the 5 abilities of their own young athletes
- SOME – Identify significant changes to their coaching or the coaching within their school/club that will enable them to better develop their children, players or athletes

Course Outline

An interactive, practical workshop that explores different and exciting solutions to maximise potential and encourage long-term active participation among our children, players and athletes. Explore the range of abilities, in addition to physical and technical, that coaches should be considering and how the effective coach can identify and accelerate learning in all of these areas.

Supporting Resources

Delegates will be able to purchase the ‘Raising the Bar’ folder which contains 33 double-sided A3 cards built around 3 parallel schemes and provides a library of ideas for warm-ups, pairs/group multi-skills activities and non-traditional games to challenge and develop even the most able young athletes. They can access the Raising the Bar Student Cards, 72 double-sided and laminated cards which can be used by the coach and/or athletes to develop their different abilities. In addition, they will be able to access a trial of a groundbreaking electronic assessment product to celebrate and evidence accelerated learning as well as providing an effective tool to inform future planning.

Raising the Bar - Identifying and developing talented athletes and players

Rationale

Talent ID and development has traditionally focused on physical aspects and current sports specific performance which benefit both those who are physically more mature and those who may have had more and better opportunities within the sport. This greatly reduces the available talent pool and represents a very narrow and limiting approach to talent development. This course will support the coach to consider future potential as opposed to just current performance through a much broader approach to Talent ID and Development.

Learning Outcomes

By the end of the course participants will be able to:

- ALL - Explain the benefits of a multi-abilities approach to talent identification and development
- ALL - Describe how the “Raising the Bar” resources and philosophy builds upon the ‘FUNS’ programme, to better *identify, challenge* and *develop* talent
- ALL - Review and challenge previous practice in identifying and developing talented young athletes
- MOST - Identify a range of delivery and intervention methods to stretch the 5 abilities of their own young athletes

- SOME – Feel ready to design and implement a more inclusive and effective Talent ID and Development programme based around the 5 Abilities model (Morley and Bailey)

Course Outline

An interactive, practical workshop that explores how best to identify and develop young talented athletes and players. What should we really be looking for in young athletes/players that best indicate their likely future success? What should we be doing to ensure they have an opportunity to reach their full potential? Investigate the range of abilities, in addition to physical and technical, that coaches should be considering when identifying talented children/athletes and how the effective coach can then develop and accelerate learning in all of these areas.

Supporting Resources

Delegates will be able to purchase the 'Raising the Bar' resource file which contains 33 double-sided A3 cards built around 3 parallel schemes and provides a library of ideas for warm-ups, pairs/group multi-skills activities and non-traditional games to challenge and develop even the most able young athletes. In addition they can access the Raising the Bar Student Cards, 72 double-sided and laminated cards which can be used by the coach and/or athletes to identify and develop their different abilities. In addition, they will be able to access a trial of a groundbreaking electronic assessment product to celebrate and evidence accelerated learning as well as providing an effective tool to inform future planning.

Raising the Bar - Understanding how your players and athletes learn

Rationale

It is increasingly becoming accepted that high quality coaching involves a child/athlete centred approach, but what exactly does this mean? In order to be truly child/athlete centred and to 'walk the talk', it is essential for coaches to have a real grasp of modern learning theory and to then apply this theory to the children/athletes they work with. Unfortunately modern learning theory is often missed out or at best skimmed over in formal coach education leaving coaches with a gap in knowledge in 'how to coach'. This course will support the coach to understand and apply modern learning theory to their coaching and to better understand how their players and athletes learn.

Learning Outcomes

By the end of the course participants will be able to:

- ALL - Investigate how athletes learn best through experiential practical activities
- ALL - ALL - Review and challenge previous coaching practice
- ALL - Identify how we create positive learning environments for our athletes in order to accelerate their learning
- MOST - Identify the importance of sharing clear learning journeys and engaging athletes by shifting power and responsibility from the coach to the athlete
- SOME - Apply cutting edge coaching techniques to accelerate the learning for *their* athletes

Course Outline

An interactive, practical workshop that investigates how we can apply modern learning theory to coaching in order to accelerate the development of all children, players and athletes. What is the role of the coach and how has it changed? How important is a clear underpinning philosophy for coaches? How can we empower our athletes by shifting responsibility from us to them? How can we better understand our athletes to ensure we are supporting them effectively? This course will tackle these questions and more.

Supporting Resources

Delegates will be able to purchase the 'Raising the Bar' resource which contains 33 double-sided A3 cards built around 3 parallel schemes and provides a library of ideas for warm-ups, pairs/group multi-skills activities and non-traditional games to challenge and develop even the most able young athletes. In addition they can access the Raising the Bar Student Cards, 72 double-sided and laminated cards which can be used by the coach and/or athletes to identify and develop their different abilities. In addition, they will be able to access a trial of a groundbreaking electronic assessment product to celebrate and evidence accelerated learning as well as providing an effective tool to inform future planning.

ACCELERATING Abilities - Accelerating development through goal setting and learning journeys

Rationale

Coaches cannot plan effectively without an effective assessment system in place yet many either ignore assessment or see it as something to do once or twice a year/season. Outstanding coaches, at all levels, are able to accelerate learning through developing clear, shared learning journeys with the children, players and athletes they work with. This provides the framework for effective goal-setting and for both them and their children, players and athletes to know where they are on their journey, where they are going and the milestones on the way and what they need to do to get there. This course will support the coach to understand the importance of ongoing assessment in accelerating learning and to begin to apply the principles within their own coaching.

Learning Objectives:

By the end of the course participants will be able to:

- ALL - Explain the purpose and benefits of Assessment for Learning in Sport
- ALL - Describe why and how to assess against *abilities* as opposed to just current sport specific performance
- MOST - Identify ways apply Assessment For Learning principles in their own delivery
- SOME - Feel ready to pilot the '*Raising the Bar*' web-based tool to support their tracking, planning and assessment of children, players and athletes.

Course Overview

'ACCELERATING Abilities' builds on the Raising the Bar course, with a focus on assessment driven learning and planning for implementation of an effective and innovative programme. This course looks at how we can use Assessment for Learning to drive our curriculum mapping, schemes of work and teaching/learning practice to ensure we can move from Good to Outstanding.

Supporting Resources:

Delegates on the course will be able to purchase a set of 72, double sided 'Raising the Bar' Student Cards. In addition, delegates will be able to access a trial of a groundbreaking

electronic assessment product to celebrate and evidence accelerated learning as well as providing an effective tool to inform future planning.

Learn to Compete, Compete to Learn – Creating Healthy Competition

Rationale

Done well early competitive experiences can inspire motivate and enthuse young athletes and can be the force that drives them along their personal sporting journey or pathway. Done badly early competitive experiences can end the sporting journey before it has even begun.

Competition is high on the agenda and this course embraces competition in the broadest sense. It offers coaches interactive and inclusive strategies and ideas to engage all young athletes in appropriate competition.

Learning Outcomes:

By the end of the course:

- All will be able to discuss the competition continuum
- All will be able to use the competition resource in a practical situation

- Most will be able to support athletes to deliver a range of competitive formats and activities
- Most will be able to choose appropriate competition formats to suit and challenge different children
- Some will be able to transfer and develop further applications of the principles of the competition continuum for young people

Course Outline

This practical course will equip coaches to explore the building blocks of competition and support the development of key emotional skills. It will provide fun and practical activities and strategies to prepare young athletes positively for life long participation and competition.

Supporting Resources:

Delegates on the course receive a resource file which contains a range of competition cards based on games to teach winning and losing, FUNs for everyone and Raising the Bar based competitive activities, and creative games formats.

Family FUNS – Supporting families to enjoy physical activities together

Family FUNS is a fun and engaging programme aimed at accelerating the development of the fundamental movement skills of children, actively involving a parent or carer to work alongside their child, under the support and guidance of a trained deliverer.

A key focus of the programme is the personal and social development of the children combined with increasing the confidence and activity levels of parent and carers.

Alongside physical improvement, 'Family FUNS' aims to increase the self-esteem of the children, build determination and resilience, improve their ability to cooperate and work

well with others and ultimately encourage them to take greater responsibility for their own activity and learning.

Family FUNS can be aimed at engaging families with children in:

Early Years

Key Stages 1 and 2

Young people with disabilities

The programme can support attaining the following:

- Increasing child activity levels (*extra-curricular clubs*)
- Childhood obesity targets (*health based interventions*)
- Revenue generation (*opportunity to create sustainability*)
- Parental engagement into school (*bringing parent onto school site*)
- Increase the level of physical literacy (*developing life-long participation*)
- Develop the child's personal and social skills (*increasing self-esteem and a sense of belonging*)

If you would like further information, please download the Family FUNS FAQ or contact Create Development.