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ACTIVE SCHOOLS

EAST LOTHIAN

COMMUNITY

TRAINING PROGRAMME

2007 - 2008

Active Schools East Lothian

The main aim of the Active Schools East Lothian is to offer school aged children the motivation and opportunities to adopt active, healthy lifestyles throughout their school years and into adulthood. Active Schools is not just about encouraging more children to take part in sport and exercise. It aims to introduce more physical activity into their daily lives through active travel, play and dance.

Each year Active Schools East Lothian provide a series of training courses to help increase the knowledge and skills of individuals who are already involved or looking to be involved in the programme.

All courses are offered free of charge. To book onto any of the following courses either speak to your Active Schools Coordinator, fill in the attached form or contact:

Lesley Nicholson

Active Schools Coordinator

Tel: 01875 610433

Mob: 07976378469

Course Information

****** Please note all courses are practical. Please wear appropriate clothing and bring refreshments.**

Basic First Aid

This course is run through the British Red Cross and aims to assist volunteers learn the procedures to help at an accident until professional help arrives. It looks at basic first aid of the unconscious casualty, resuscitation procedures, controlling bleeding, treating burns, caring for someone in shock, broken bones and common sport injuries. It will be aimed at treating children aged pre-school and up. There will also be an opportunity to ask the tutor about specific concerns. A certificate will be issued after completion of the course.

Busy Bugs



Busy Bugs

Busy Bugs/Top Tots is a programme aimed at helping introduce and sustain play and physical activity as part of a daily routine for children aged 2 to 3 1/2 years. The programme looks at innovative ways to keep children active both at nursery and at home, through play, movement to music, basic moves and games, with a focus on enjoyment and fun! The training course will look at programme planning, content and management, lesson plans, resources and the evaluation and review process. This course is ideal for parents, nursery, playgroup workers and anyone else working with this pre 5 age-group.

Active Schools Community Training Programme

Booking Form

Name _____

Address _____

Telephone No: _____

Mobile Number: _____

Course name and dates: _____

I am interested in volunteering at:

Signature: _____

Please return to:

Active Schools Community Training Programme

Meadowmill Sports Centre

Tranent

East Lothian

EH33 1LZ



Boccia	P4-7	15 th November 2007	5-6pm	Loch Centre Tranent
Funky Fitness	P3-P4	6 th December 2007	6.30-9pm	TBC
Elevating Athletics	P1-S4	24 th January 2008	6-9pm	Kings Meadow P.S. Haddington
Top Play/ Sport	P1-7	5 th Feb 2008	9.30-2.30pm	Corn Exchange Haddington
First Aid	All	9 th February 2008	9.30-4.30pm	Corn Exchange Haddington
Top Athletics	P4+ Teachers	22 nd Feb 2008	1.30-4pm	Kings Meadow P.S. Haddington
Basic Moves Level 1	Nursery, P1 – P3	22 nd February 28 th February 7 th March 13 th March	1.30-4.30pm 4-6pm 1.30-4.30pm 4-6pm	TBC
Basic Moves Level 2	Nursery, P1 – P3	February / March 2008	TBC	TBC
First Clubgolf	P5	5th March	10.30-2.30pm	Meadowmill, Tranent
Ready Steady Bike	P5+	18th March	9.30-2.30pm	Meadowmill, Tranent
Outdoor Team Challenges	P4+	17th April	5.30-7.30pm	Pinkie P.S. Musselburgh

Ready, Steady, Bike

'Ready Steady Bike' is a fun cycling skills programme, which aims to improve children's bike handling skills and confidence. It can also help teach children 'go' a bike if they have no previous experience. The sessions will take place in the playground. It is aimed at the primary 5 age group in order to allow them to gain more confidence on their bikes before going onto the Scottish Cycle Training Scheme in primary 6/7.

Top Start

This course aids people working with the pre-five age group, to plan activity sessions suitable for both indoor and outdoor play. It is ideal for nursery staff, community workers, playgroup leaders and parents to help introduce and sustain Play and Physical Activity as part of a daily routine. TOP Start equipment is colourful and has a variety of textures, ideal for encouraging play from a young age. This resource is an ideal accompaniment to those people using Basic Moves.

Mini Kickers

The Mini Kickers programme provides a curriculum framework of activities for children of 3-5 years focusing on:

- Basic Motor Skills
- Emotional, personal and social development
- Cognitive Development

The training is based around a booklet and video which detail a range of activities that are developmental, achievable, not overly sports specific and most importantly, fun!

Funky Fitness Training

Funky Fitness



Funky Fitness is a new and exciting programme for P3/4 devised by Active Schools. It is packed with music, games, challenges, and most importantly, fun! The programme is easy to deliver, with many activities known to children and adults alike. To make it even easier, Funky

Fitness has 7 session plans that can be followed to the letter therefore reducing the time and pressure of preparing a class. The programme is ideally suited to volunteers and in particular those people who have never worked with children in a physical activity setting before. Becoming a Funky Fitness Guru will give you as much pleasure as it will give our new breed of little Funky Fitness Fanatics!

Top Play/ Sport Training

This course is a one stop shop to enable participants to plan and run an activity session for children from P1-P7. Tutors will lead course participants through a variety of fun games and activities designed to get children to be more active and also to improve a number of basic movement and sporting skills. This course also explores methods of class organisation, provides information on how to structure a session and gives you all the tools you need to run a successful class!

Sports Development Activities (volleyball, basketball, hockey, badminton and boccia)

These hour long sessions give an introduction on how to play each of the sports. Packed with good ideas for warm ups, drills and fun games, the development officers will also highlight some of the technical aspects of the activity. These courses are ideal for anyone who wants to deliver an after school sports club for P4-7.

Elevating Athletics

This course is an introduction and guide to the innovative Elevating Athletics resource which enables participants to experience the skills of running, jumping, and throwing, through a new and modern approach to teaching athletics. For volunteers and athletics assistants who coach 5-16 year olds.

Top Athletics

This course provides lots of ideas for running fun athletics sessions for the P4-7 age group. The training session will provide participants with new ideas for planning and delivering a variety of athletics activities, linking in with Top Athletics and the Shine Awards. Although run outside, the course will detail activities and adaptations that can be made to enable participants to run athletics successfully indoors as well. This can be very useful given the changeable nature of the Scottish weather!

Firstclubgolf

Clubgolf is the most far reaching junior golf development programme ever undertaken in Scotland. Firstclubgolf targets primary 5 children and uses modified golf equipment introducing them to the basics of the sport in a safe and fun environment. To become a firstclubgolf coach you don't need to be a golfer....just enthusiastic, friendly and keen to encourage children to be active. We are offering members of the community the opportunity to support class teachers with the delivery of firstclubgolf sessions within school time or to lead after school golf activities. If you are interested, come along to the training where you will have the opportunity to find out more about the programme and also to play with all the equipment!

Outdoors and Team Challenges

This training course provides practical ideas for outdoor activity sessions designed for P4 and upwards. A number of different themes will be discussed and explored including alternative warm ups, challenge tasks, orienteering and problem solving. Come along and take part in this fun, practical training session and leave with the confidence to organise a variety of outdoor activities. This will be a practical session outdoors so please be prepared with warm clothes, jacket and suitable footwear

Basic Moves

Basic Moves aims to help all children develop the basic movement competence that lays the foundation for lifelong physical activity. Basic movement competence is defined as the ability to consistently perform basic movements apply these in different games, sports, dance and other contexts. This training course will enable participants to deliver Basic Moves sessions to pupils aged 3 to 7 years to successfully develop basic movement competencies. A certificate will be issued after the completion of this course. Level 1 must be completed before admission to level 2.

Active Schools Community Training Programme 2007-8

Training	Target	Date	Time	Venue
First Aid	All	5 th September 2007	9.30-4.30pm	Pennypit Prestonpans
Busy Bugs	2 - 3½ yrs	5 th and 12 th Sept 2007	6.30-8.30pm	Musselburgh East CLC
Ready, Steady Bike	P5+	12 th and 19 th Sept 2007	4-6pm	Kings Meadow Haddington
Top Start	Nursery/ P1	21 st September 2007	1.30-4pm	Wallyford Primary School
Basic Moves Level 1	Nursery, P1 – P3	21 st Sep 2007 27 th Sept 2007 4 th Oct 2007 11 th Oct 2007	1.30-4.45pm 3.45 – 6pm 3.45 – 6pm 3.45 – 6pm	TBC
Basic Moves Level 2	Nursery, P1 – P3	17 th Nov 2007 22 nd Nov 2007 29 th Nov 2007	9.30-4.30pm 4-6pm 4-6pm	Prestonpans Infants
Mini Kickers	Pre-school – P2	26 th September 2007	6-8pm	Windygoul Primary School
Funky Fitness	P3-P4	29 th October 2007	9.30-12 noon	Corn Exchange Haddington
Volleyball	P4-7	1 st November 2007	4-5pm	Loch Centre Tranent
Badminton	P4-7	8 th November 2007	4-5pm	Loch Centre Tranent
Hockey	P4-7	8 th November 2007	5-6pm	Loch Centre Tranent
Top Play/ Sport	P1-7	12 th and 19 th Nov 2007	6-8pm	Prestonpans Infants
Basketball	P4-7	15 th November 2007	4-5pm	Loch Centre Tranent