

Central Active Schools



Coach & Volunteer
Training Programme
2011-2012

Introduction

Welcome to the Active Schools (Central) Coach and Volunteer Education booklet for the School year 2011/2012. This booklet is designed to help teachers, volunteers and sports coaches who work with Active Schools to get more information about relevant coaching courses that may run in and around Aberdeenshire over the course of the next academic year.

This booklet contains information on a wide range of sport specific and generic coach education courses, which are being organised by Active Schools, Local/National Governing Bodies and other training providers. If the course you are looking for is not being directly organised by Active Schools, we would be happy to contact the relevant course organiser to reserve a place for you.

Format of Active Schools Training Programme

As far as possible Active Schools will deliver training in a workshop format. These sessions will tend to be twilight sessions running after school. Courses run by governing bodies may take a different format and may take longer to complete.

If you are unable to make any of the courses being run, don't worry! Active Schools are happy to help organise courses out with those dates, but will tend to be organised once there is sufficient demand. The team are happy to keep notes of interest on file, so that courses can be organised once the minimum number needed for that particular course have been achieved.

The following contents page lists the courses we are currently able to offer. To book a space on any of the courses, please complete the application form at the end of this booklet and send it back to your Active School Coordinator. Details of your local ASC can be found at the back of this booklet. Where there is a fee involved in attending the course, Active Schools may offer to help volunteers to subsidise the cost, depending on the commitment of volunteer hours and budgetary constraints.

Central Active Schools Training Programme 2011 - 2012

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C4	Athletics – Elevating Athletics
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C15	Cheerleading – Basic Tumbling
C16	Hockey Leaders
C17	Golf – Firstgolfclub

Section A: Generic Courses

1. First Aid – Emergency First Aid At Work

Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
6 hours	All	£30	27th September & 4th October 2011 6.30-9.30pm	Inverurie Academy
			1st & 8th Feb 2012 6.30-9.30pm	Meldrum Academy

Course Description This is a 6 hour course, run over two twilight sessions, which provides the minimum level of first aid training for persons in the workplace. The content of the course includes - What to do in an emergency, basic life support (CPR), Management of the unconscious casualty and Assessment and treatment of a casualty who is wounded, bleeding or shocked.



2. Teambuilding Games

Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
2 hours	All	Free	7th February 2012 4- 6 pm	Elrick Primary

Course Description This is a workshop that will introduce activities that can be incorporated in schools for teambuilding exercises. This will incorporate both mental and physical activities that can be incorporated both in the classroom environment and outdoors.

Section B: Physical Activity Courses

1. Stay and Play

Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
2 hours	P1-P3	Free	20th September 2011 4-6pm 7th November 2011 4-6pm	Insch School Kintore Primary

Course Description This is a 2 hour workshop to introduce volunteers to the Stay & Play and Multisports resource packs incorporating playground games. Stay & Play is multi activity sessions where children play their way to fitness through a fun and exciting programme of games and activities. Multisports is the follow on, aimed at P4-7 children, it covers a variety of sports utilising the TOPs resource cards and equipment. The workshop will cover session format, good practice, risk assessment and will give you the opportunity to try some of the practical activities.

2. Skipping

Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
2 hours	P1-P7	Free	21st September 2011 4-6pm 24th January 2012 4-6pm	Meldrum Academy Gordon Primary, Huntly

Course Description This workshop will give you the basic skipping knowledge you need to be able to deliver a skipping programme to meet the needs of the different ability levels and skills of primary age participants. You will learn basic turning, single and double footwork skills, synchronized skipping, sharing ropes, 2 in 1 rope, long ropes, umbrellas, triangles, rhymes and much more. A full set of handout notes will be provided.

Section C: Sports Specific Courses

1. Rugby Ready

Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
2 hours	All	Free	TBC	Garioch Rugby Club

Course Description The Rugby Ready Practical course aims to increase awareness of all aspects of safety in the game through the provision of a common source of information and advice, for all levels and types of participation in the game. The course is a minimum standard for all coaches and teachers in Scotland who are delivering rugby. Candidates must be aged 16 or over.



2. Tag Rugby

Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
2 hours	All	Free	27th October 2011 4.30-6.30pm	Garioch Rugby Club

Course Description This course is designed to introduce the basics of non contact rugby. No experience is necessary and the workshop is suitable for teachers and parents who would like to assist with junior or inexperienced players at a school or club environment. This course is also beneficial for teachers whose classes have Rugby coaching delivered by a club within their school. The session will cover a variety of easy to organise skills and drills for volunteers to use at practical coaching sessions. This is a tutor-led course and no assessment of competence is made.

3. Athletics – Junior Jogscotland				
Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
2 hours	P1-7	£20 Charge for re-source booklet (cost may be subsidised by Active Schools)	13th September 2011 4-6pm	Westhill Primary

Course Description The two-hour workshop will explain in detail how to use the junior jogscotland resource pack. It will cover the actual session games themselves, dealing with children in groups, delivery of sessions 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 how to lead the group.*



4. Elevating Athletics				
Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
3 hours	P1-7	Free	1st November 2011 4.30-7.30pm	Westhill Primary

Course Description The aim of this course is to give teachers and volunteers working in primary schools the knowledge skills and confidence to deliver enjoyable and engaging “run, jump, throw” lessons that focus on increasing understanding, skill acquisition, maximum participation and fun. Based upon the Elevating Athletics Primary resource, it is based upon safe and inclusive teaching methodology, which focuses on developing competency in the fundamental movements of athletics events.

5. Basketball – Getting Started Introductory Leaders award				
Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
6 hours	All	£35 (Course may be subsidised by Active Schools)	1st & 2nd November 2011 4-7pm	Inverurie Academy

Course Description The Getting Started award is basketballscotland's introductory level leadership award. The award focuses on coaching beginners and young players, with a view to introducing them to basketball. During each course candidates will be continually assessed and given feedback on their knowledge of introducing individual skills. This course is suitable for senior pupils, volunteers and teachers.

6. Basketball – Refereeing				
Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
2 hours	P1-P7	Free	22nd February 2012 4-6pm	Inverurie Academy

Course Description This workshop is designed to introduce the basics of refereeing mini basketball. The workshop is suitable for teachers, parents or senior pupils involved in delivering mini basketball.

7. Cricket – Basic Workshop				
Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
2 hours	All	Free	2nd May 2012 4-6pm	Meldrum Academy

Course Description This course will introduce the basics on how teachers, volunteers and Sports leaders can deliver cricket sessions. It will teach the basic movement, catching, striking, running, throwing and bowling skills needed to play Kwik Cricket. It will also familiarise participants with how to set up and umpire a game of Kwik cricket.

8. Cricket – ICC Introductory Course

Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
6 hours	All	£15	3rd December, 2011, 10am-4pm	The Gordon Schools, Huntly

Course Description This certified course is aimed at Teachers, school & club volunteers, parents, coaching assistants and Sports Leaders. The Course will cover warm ups, batting, fielding, bowling, team games and wet weather alternatives.

9. Football – Drills & Skills Workshop

Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
2 hours	P1-7	Free	20th September 2011 6-8pm	Lawsondale, Westhill
			14th March 2012 6-8pm	Alford Academy

Course Description This workshop is aimed at teachers, parents or volunteers who are coaching football to primary aged children. This can be coaches who run weekly 'come and play' sessions or coaches involved with a school or boys club team.

The evening will involve demonstrations of various drills and practices suitable for young players and discussions on relevant topics specific to your own coaching sessions.



10. Netball Fun 5z (Mini Netball) – Conversion/ Skills & Drills Workshop

Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
2 hours	Primary – mini netball	Free	5th October 4-6pm	Kintore Primary

Course Description This workshop will introduce and highlight the new rules and regulations being introduced to mini netball in both umpiring and coaching. Mini Netball will now be known as Fun 5z. This workshop will be suitable for existing coaches to attend and be updated on the new rules/ guidelines. A range of drills will also be demonstrated on this workshop.



11. Netball Fun 5z – Umpiring Workshop				
Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
2 hours	Primary	Free	9th October 4.30-6pm	Kellands Primary

Course Description This course is designed to introduce the basics of umpiring Fun 5z. No experience is necessary and the workshop is suitable for teachers, parents and Sports leaders who are involved in netball or who may umpire games locally or at festivals.

12. Netball – Getting Started in Netball Award				
Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
6 hours	Aged 5 to 13	£20 (Course may be subsidised by Active Schools)	24th March 2012 10am – 4pm	Alford Academy

Course Description The Getting Started in Netball Award is the new award for all those interested in starting out in Netball coaching or teaching – in particular those working with children aged 5 to 13 years. The course centres around the new 5-a-side branch of the game – FUN 5z and skill acquisition through the game rather than simply playing to win. All those completing the Getting Started Award will be given the opportunity to purchase the supporting Toolkit. This is either the Teachers Toolkit which contains 10 Curriculum for Excellence based Lesson plans for each stage of the school, or the Club Toolkit, which contains a variety of session plans and activity ideas for young players in clubs e.g. after school clubs, school clubs and junior clubs. These resources are EXCLUSIVE to Netball Scotland and ONLY available to those people completing the Getting Started Award.

13. Orienteering

Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
2 hours	P4-7	Free	27th March 2012	Alford

Course Description This course will provide candidates with the knowledge, understanding and practical ability to perform/teach the basic skills of the sport of orienteering. Candidates will be able to demonstrate safe practise in working with groups of beginners on simple orienteering areas. The course will utilise the TOPS Outdoor Cards as well as additional Active Schools resources.



14. Cheerleading – Choreography

Dura-tion	Pupil Target Age Group	Cost	Course Date	Course Location
2hrs	ALL	£10 (Course may be subsidised by Active Schools)	25th May 2012 4.30-6.30pm	Inverurie Academy PE Department

Course Description This workshop will provide cheerleading coaches with inspiring choreography ideas. You will leave this workshop with plenty of new ideas and practical choreography information.

15. Cheerleading – Basic Tumbling

Duration	Pupil Target Age Group	Cost	Course Date	Course Location
8hrs	ALL	£115 (Course may be subsidised by Active Schools)	26th May 2012 9am-5pm	Inverurie Academy PE Department

Course Description This is a NGB Level 2 Equivalent Course and is an introduction to tumbling and will cover forward rolls, backward rolls, log rolls, handstands, walkovers, cartwheels and round-Off skills. Suitable for adults over 18yrs with the UKCA Cheerleading Basic Skills Certificate. Successful participants will receive a Certificate of Qualification. If under 18yrs, participants must be S2+ and hold the UKCA Cheerleading Basic Skills Certificate. Successful participants will be Assistant Coaches and receive a Certificate of Qualification.



16. Hockey Leaders

Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
3 hours	All	£30 (Course may be subsidised by Active Schools)	29th September & 6th October 2011 4.30 - 6pm	Alford Academy

Course Description This course is designed to give parents, teachers, players and other interested individuals (14+) a basic knowledge of hockey, and the confidence to lead sessions in a controlled, safe and enjoyable manner. After the course participants should be able to:

- Organise and manage a safe and enjoyable session.
- Introduce basic playing principles and skills
- Adapt games to suit player's needs
- Umpire small game situations
- Motivate and encourage players



18. Golf - Firstclubgolf

Duration	Pupil Target Age Group	Cost	Course Dates	Course Location
2 hours	P4-P7	Free	Please contact local coordinators for training	

Course Description The firstclubgolf programme is designed for use with primary age children. The targeted age group is nine years, but the activities may be used with children who are older. The programme uses activity cards to help teachers to develop their pupils' golf skills. The cards have been designed so that they can:

- Offer a range of skills and activities covering full swing, chipping & putting
- Be integrated within the school physical education curriculum
- Offer useful ideas on how teachers and children may develop the activities and so help them to make progress
- Offer activities to young disabled people
- Give specific safety points



Section D: Active Schools Coach and Volunteer Training Application Form.

Name:

Address:

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Postcode:

Mobile Telephone No:

Email Address:

Category (Teacher / Student / Parent Volunteer / Coach) *Please circle as appropriate*

Please state any relevant medical conditions we need to be aware of :

Your details will be kept on the Active School's database and you may receive relevant information from time to time i.e. notice of training courses & information regarding local competitions or Festivals.

If you do NOT wish to receive this information, please tick the box

Signed Date

Please return completed application form, or send all information by email, to your local Active Schools Coordinator. Contact details are provided at the back of this booklet.

Please note that although many of the training workshops are free of charge a £10 administration charge will apply for those people that fail to turn up for a course without prior notice.

For those courses where fees apply individuals may be responsible for full payment if they fail to turn up for the course

Please reserve a place for me on the following course

(Insert cross in end column)

Date	Training Type	Venue	Time	
TBC	Rugby Ready	Garioch Rugby Club	TBC	
13th Sep 2011	Junior Jog	Westhill Primary	4-6pm	
20th Sep 2011	Stay and Play	Insch School	4-6pm	
20th Sep 2011	Football Drills and Skills	Lawsondale, Westhill	6-8pm	
21st Sep 2011	Skipping	Meldrum Academy	4-6pm	
27th Sep & 4th Oct	Emergency First Aid At Work	Inverurie Academy	6.30-9.30pm	
29th Sep & 6th Oct 2011	Hockey Leaders	Alford Academy	4.30 - 6pm	
5th Oct 2011	Netball Fun 5z – Conversion/ Drills & Skills Workshop	Kintore Primary	4-6pm	
27th Oct 2011	Tag Rugby	Garioch Rugby Club	4.30-6.30pm	
31st Oct 2011	Netball Fun 5z- Umpiring Inverurie	Academy	4.30-6pm	
1st Nov 2011	Elevating Athletics	Westhill Primary	4.30-7.30pm	
1st & 2nd Nov 2011	Basketball – Getting Started Leaders Award	Inverurie Academy	4-7pm	
7th Nov 2011	Stay & Play	Kintore Primary	4-6pm	
3rd Dec 2011	Cricket – ICC Introductory Course	The Gordon Schools, Huntly	10m-4pm	
24th Jan 2012	Skipping	Gordon Primary, Huntly	4-6pm	

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1st & 8th Feb 2012	Emergency First Aid At Work	Meldrum Academy	6.30-9.30pm	
7th Feb 2012	Teambuilding	Elrick Primary	4-6pm	
22nd Feb 2012	Basketball - Refereeing	Inverurie Academy	4-6pm	
24th Mar 2012	Netball – Getting Started in Netball Award	Alford Academy	10am-4pm	
14th Mar 2012	Football Drills and Skills	Alford Academy	6-8pm	
27th Mar 2012	Orienteering	Alford Academy	4-6pm	
2nd May 2012	Cricket – Basic Workshop	Meldrum Academy	4-6pm	
25th May 2012	Cheerleading – Choreography	Inverurie Academy	4.30-6.30pm	
26th May 2012	Cheerleading – Basic Tumbling	Inverurie Academy	9am-5pm	
	Firstclubgolf	Contact Local ASC		

Active School Co-ordinator Details

Alford Network (Primary)

Abigail Hay 01467 628812 or 07823536227
abigail.hay@aberdeenshire.gov.uk
Inverurie Town Hall Bothy, Inverurie, AB51 3SN

Aboyne and Alford (Secondary)

Laura Murray 07917580624
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Aboyne Academy, Bridgview Road, Aboyne, AB34 5JN

Huntly Network (Primary)

Mark Borzoni 0146 4821816 or 07917073304
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Inverurie Town Hall Bothy, Inverurie, AB51 3SN

Huntly Network (Secondary)

Kevin Davies 01466 795153 or 07917000107
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The Gordon Schools, Castle Street, Huntly, AB54 4SE

Inverurie Network (Primary)

Louise Watt 01467 621060 or 07876475298
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Inverurie Academy – Hut 2, Jackson Street, Inverurie, AB51 3PX

Inverurie Network (Secondary)

Kathy Yates 01467 621060 or 07810056051
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Kemnay Network (Primary & Secondary)

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Meldrum Network (Primary)

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Meldrum Network (Secondary)

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Westhill Network (Primary)

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Westhill Network (Secondary)

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