

As part of the schools department's continual commitment to provide the best possible curricular and extra-curricular sports provision to the young people in its schools, motive8 created and delivered a series of six coach training workshops.

These workshops were developed by motive8's Education and Coaching Consultant, Gary Palmer, as six modules which were delivered over the course of the academic year.

Coaches in the Curriculum

This examined:

1. how to start a session, warm up activities and skill developments
2. teaching fundamental skills and modified games
3. how to motivate children
4. creating a structure for extra-curricular clubs



Team Building

This looked at:

1. building a strong team.
2. strategies for dealing with a variety of situations.
3. team building activities promoted trust and initiative between coaches alongside communication-based tasks

Safeguarding Young People

This explored:

1. good coaching practice to promote a positive relationship with children
2. how to identify sport situations and coaching practice that might constitute either poor practice or possible abuse
3. different categories of child abuse and how to recognise the signs and symptoms of each
4. how to take appropriate action if concerns are raised.

First Aid for Children

This course covered the practical skills needed by a first aider in school environment. The course focused on giving the coach the confidence and knowledge to deal with first aid emergencies.

Gymnastics Skill Development

This was introduced to increase the understanding and

confidence of coaches in their delivery of physical education and sport to young people. The aim was to improve the quality of teaching and learning for young people by exploring:

1. fundamental skills and skill development
2. how to incorporate and use equipment safely, providing challenging and exciting lessons for young people
3. how to ensure sessions give young people the opportunity to compose, perform and evaluate

Assessment for Learning

In this course, coaches explored the need to assess young people in order to develop a progressive learning process that uses prior attainment to inform future planning. They also looked at:

1. minimum expected standards for each year group
2. assessment in relation to attainment targets

Each module of the CPD programme was certificated, helping coaches to create a portfolio of training which improve them as coaches whilst at the same time improving the quality of teaching and learning for young people.

