



**SCHOOL STAFF      VOLUNTEER      COACH      SENIOR PUPIL**

**SPORTS & PHYSICAL ACTIVITY**

**CPD TRAINING CALENDAR 2016/17**

Midlothian Active Schools Team, Sports Development & The Outdoor Learning Team organise a wide range of CPD Training Course opportunities to support the delivery of physical activity sessions to primary and secondary school aged pupils.

Each course can be counted towards CPD hours and has links to CfE. We encourage course participants to go on and do practical delivery to reinforce learning at the earliest opportunity. Learning on the course can be used to prepare/train pupils for upcoming Active Schools, Sports Development or Outdoor Learning Team events. Course resources and example session plans will be provided on course completion to support delivery.

Further course information, costs and booking information can be found by contacting [activeschools@midlothian.gov.uk](mailto:activeschools@midlothian.gov.uk) or visiting [www.activemidlothian.org.uk/whats-on/](http://www.activemidlothian.org.uk/whats-on/)

Term 1	August – December 2016		
DATE / TIME / VENUE	SPORT	COURSE INFORMATION / COST	RELATED EVENT/S (See Active Schools Events Calendar for full details)
4.00 – 6.00pm Wed 21 Sept Newbattle CHS	BASKETBALL	Course participants will receive drill ideas, fun games, referee training (so they are teaching the correct rules) and will take away a manual with session plans etc. <b>Cost: FREE</b>	Midlothian Primary Basketball Festivals  Tues 8 Nov 2016 Tues 14 March 2017
4.00 – 5.30pm Wed 2 <sup>nd</sup> Nov Venue TBC	SPORTSHALL ATHLETICS	Course participants will be introduced to the Sportshall Athletics disciplines, equipment and session delivery aimed at P4-7 age pupils. <b>Cost: FREE</b>	Primary Sportshall Athletics  16 – 30 January 2017
Contact James Sloggie for further information.  <a href="mailto:James.Sloggie@midlothian.gov.uk">James.Sloggie@midlothian.gov.uk</a>	RUGBY	There are a number of courses and CPD opportunities available in Midlothian.  Full details can be found at: <a href="https://www.hivelearning.com/groups/633071728">https://www.hivelearning.com/groups/633071728</a> Go to 'Books' and then follow the relevant link for primary, secondary or coach education.	Various events from 2 Sept 2016 – 9 June 2017

\*Additional course information can be found overleaf or by visiting [www.activemidlothian.org.uk/whats-on/](http://www.activemidlothian.org.uk/whats-on/)



Term 2	January – March 2017		
DATE / TIME / VENUE	SPORT	COURSE INFORMATION / COST	RELATED EVENT/S See Active Schools Events Calendar for full event details
4.30pm – 6.00pm  Tues 17 Jan <u>OR</u> Thurs 19 Jan 2017  Venue TBC	CLUBGOLF	Course participants will be introduced to the equipment, resource cards and key coaching points required to deliver fun and safe golf sessions aimed at P5-7 pupils. No previous Golf experience required. Cost: FREE	Ryder Cup Golf Festivals  24 – 27 April 2017
1.30 – 4.30pm  Fri 27 Jan 2017  Venue TBC	DISABILITY INCLUSION	Delivered by ‘ <i>Scottish Disability Sport</i> ’, this course, aimed at all Primary & Secondary Teachers & PE specialists, focuses on ways to positively include (P1 – S6) young people with a disability in PE, physical activity and sport. There is an e-learning element to be completed prior to the course. Cost: FREE	Ongoing ASN events throughout the year. Please contact Sarah Wright for further information: <a href="mailto:Sarah.Wright@Midlothian.gov.uk">Sarah.Wright@Midlothian.gov.uk</a>
1.30pm – 4.30pm  Fri 24 Feb 2017  Dalkeith Campus	PRIMARY TENNIS TEACHER TRAINING	This course is for teachers so they can deliver fun tennis to a full class in a small space. Teachers will get a set of lesson plans on how to deliver warm-ups, ABCs (agility, balance, coordination and speed exercises), themed activities and finishing with game/fun competition. Free equipment (Mini Tennis rackets, balls, net) provided to each school attending. Cost: FREE	
1.30pm – 4.30pm  Fri 10 March 2017  Venue TBC	PRIMARY ATHLETICS – RUN, JUMP AND THROW	This <b>scottish</b> athletics course focuses upon running, jumping and throwing, the building blocks of athletics. Course participants will be able to deliver athletics activities to P1-7 in an inclusive, exciting and engaging manner, and measure a pupil’s progression and improvement. Attendees will receive a teaching resource which provides cross-curricular learning suggestions that support the integration of CfE. Cost: FREE	Primary Athletics Championships  Thurs 1 June 2017
1.00-5.00pm  Friday 17 & 24 March  *Must attend both days  Penicuik Venue TBC	CYCLING (BIKEABILITY)	CYCLE TRAINING ASSISTANT (CTA) 10 hour SQA certified course covering levels one and two of <a href="http://bikeabilityscotland.org">http://bikeabilityscotland.org</a> Comprising of three hours pre-learning and seven hours contact. Candidates should be a competent cyclist, minimum of 16 years old, have their own bike and be able to cycle to attend the course. FREE- On the condition of delivery of Bikeability at a Midlothian school	School Bikeability Sessions  Cycle to School Week  Big Pedal  Midlothian Cycling Festival

\*Additional course information can be found overleaf or by visiting [www.activemidlothian.org.uk/whats-on/](http://www.activemidlothian.org.uk/whats-on/)

Term 3	April - June 2017		
DATE / TIME / VENUE	SPORT	COURSE INFORMATION / COST	RELATED EVENT/S (See Active Schools Events Calendar for full event details)
9.00am-5.00pm Tuesday 25 April Dalkeith Venue TBC	CYCLING (BIKEABILITY)	CYCLE TRAINING ASSISTANT (CTA) 10 hour SQA certified course covering levels one and two of <a href="http://bikeabilityscotland.org">http://bikeabilityscotland.org</a> Comprising of three hours pre-learning and seven hours contact. Candidates should be a competent cyclist, minimum of 16 years old, have their own bike and be able to cycle to attend the course. FREE- On the condition of delivery of Bikeability at a Midlothian school	School Bikeability Sessions  Cycle to School Week  Big Pedal  Midlothian Cycling Festival

### How to book:

*Booking a course* – Book by phoning 0131 561 6519 or emailing [activeschools@midlothian.gov.uk](mailto:activeschools@midlothian.gov.uk).

*Cancellation* – It is vital that Course Participants inform us if they cannot attend. Those who fail to do so will be charged a £10 cancellation fee. To cancel a place call 0131 561 6519 or email [activeschools@midlothian.gov.uk](mailto:activeschools@midlothian.gov.uk)

Course and booking information can also be found by visiting [www.activemidlothian.org.uk/whats-on/](http://www.activemidlothian.org.uk/whats-on/) or contacting [activeschools@midlothian.gov.uk](mailto:activeschools@midlothian.gov.uk)

Follow us on Twitter: [@Active\\_Mid](https://twitter.com/Active_Mid)

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