



PE Coaching Conference

FOR SPORTS TEACHERS AND COACHES

21-22 February 2020

at Sherborne School, Doha, Qatar

Get up to speed with the latest coaching methods, theories and techniques.

www.independentcoacheducation.co.uk/qatar



SHERBORNE
QATAR

IN ASSOCIATION WITH

independent
coach education

Athletics Masterclass

WITH DEAN MACEY

Beginners Basketball

Advanced Basketball

WITH MATT HARBER

Primary PE Key Stage 1

Primary PE Key Stage 2

LESLEY MINERVINI

GCSE PE

WITH KIRK BIZLEY

**The Director of Sport in
Independent Schools**

**Dealing with Parents in
School Sport**

WITH NEIL ROLLINGS



Friday 21 February

**School Athletics
Masterclass
WITH DEAN MACEY**

**GCSE PE
WITH KIRK BIZLEY**

**Coaching Basketball
to Beginners
WITH MATT HARBER**

**Building Firm
Foundations Physical
Literacy for
4-7 year olds
LESLEY MINERVINI**

**The Director of Sport
in Independent
Schools
WITH NEIL ROLLINGS**

BOOK ONLINE >

www.independentcoacheducation.co.uk/qatar

Saturday 22 February

**School Athletics
Masterclass
WITH DEAN MACEY**

**GCSE PE
WITH KIRK BIZLEY**

**Developing
Basketball Teamwork
Intermediate to
Advanced
WITH MATT HARBER**

**High Quality Games
Teaching for KS2
LESLEY MINERVINI**

**Dealing with Parents
in School Sport
WITH NEIL ROLLINGS**

Presenters

Dean Macey was England's leading decathlete for a decade. His first major triumph was a silver medal at the 1999 World Championships, which helped him win BBC Young Sports Personality of the Year. The following year he was fourth in the Sydney Olympics and followed that with a World Championships Silver Medal. He was again fourth in the Athens Olympics, before winning a Gold Medal in the 2006 Commonwealth Games in Melbourne. He has a personal best of 8603 points.



Kirk Bizley Kirk Bizley has over 40 years of experience in PE, GCSE PE and assessment. He was a Chief Examiner for GCSE PE for twenty-five years and has written many GCSE textbooks and revision guides - the latest of his 47 publications is due to be published in the Autumn of 2019 entitled 'How to be a Brilliant PE Teacher'. Kirk is a Chartered Educational Assessor and was the Educational Consultant for the latest BBC PE Bitesize site. Kirk regularly presents PE and GCSE PE INSET sessions and revision workshops in schools throughout the UK as well as in Portugal, Spain, Hong Kong, Dubai and Abu Dhabi. He was the Course Leader for Secondary PGCE PE at Bath Spa University for seventeen years.



Matt Harber has coached Basketball to leading school, university and adult players. He was Head Coach of the Loughborough University team which was three times BUCS champion, and later Head Coach of GB Under 16 Women. He has been involved in British Youth Basketball at most age groups, and is currently Head Coach of Anglia Ruskin University Men's and Women's Programmes.



Lesley Minervini has over 25 years of experience working in education, and has worked with teachers throughout the world. She has authored many resources and courses including - Start to Move cards, Healthy Movers Take Home Pack, Purposeful Playtimes and PE Underpinning Achievement. She is the tutor trainer for British Athletics officials and officiates in Athletics around the world.



Neil Rollings was Director of Sport in four HMC schools, over a 21 year career. He was an ISI Inspector and he now works with schools to develop and audit modern sports programmes and with Heads to appoint Directors of Sport. He is a regular conference speaker, influential blogger on school sport issues, and Chairman of PADSIS.



Course details

School Athletics Masterclass Dean Macey

Engaging Students in Track and Field Athletics

Almost all schools have Track and Field Athletics as a significant part of their summer programme. It is one of the most accessible GCSE practical options, and most schools enter their athletes in competitions. However, progress in the technical events is often limited. Dean Macey, one of Britain's all-time greatest Decathletes, shows how teachers can make these activities exciting, stimulating and challenging. He also illustrates how effective coaching can significantly improve student progress and competitive performances.

His unrivalled expertise, entertaining delivery and breath-taking demonstrations make this a day to remember. This course is suitable for teachers and coaches of all levels of expertise and will help those delivering the Athletics modules at GCSE and A Level to improve student grades.

- Warm up activities for young athletes
- Improving sprinting technique
- Sprint start
- Teaching hurdle technique
- High Jump/Long Jump/Triple Jump
- Developing throws: Shot, Discus, Javelin
- Analysing technique and diagnosis
- Fault identification and correction.
- Coaching for individual improvement
- Understanding Rules and Regulations

Coaching Basketball to Beginners Matt Harber

An introductory course to help teachers understand the basics of basketball and feel confident to effectively teach the fundamental skills of the game. This course will give an overview of the rules and mechanics of basketball, helping teachers to effectively referee within lessons and games. Furthermore, we will explore the basic fundamental skills required to play basketball, covering the appropriate technical details for each skill and the most effective ways to teach them. We will provide a number of basketball drills, exercises and ideas which can be easily implemented within a school setting to help inspire more young people to take up basketball. This course is designed for teachers who would like to introduce basketball to their sporting programme within Primary or Secondary schools.

The course will cover the following:

- Overview of the rules of Basketball and basic guidelines on how to effectively referee beginners within game situations
- Effective teaching/coaching of the following fundamental skills: Footwork
- Dribbling
- Passing
- Shooting
- 1:1 Defence
- Basic gameplay ideas from 1 v 1 to 5 v 5 play

Developing Basketball Teamwork Intermediate to Advanced Matt Harber

This practical course is intended for teachers and coaches who are responsible for competitive Basketball teams. It considers how modern approaches from the elite game can be applied to school sport, and how teams can practise to develop cutting edge tactical approaches.

A course designed to support teachers who have previous experience of basketball and want to further develop their knowledge in order to benefit their school basketball teams. This course will discuss some of the recent FIBA rule changes which are affecting youth basketball and how this will influence teaching and refereeing within a school setting. Furthermore, we will explore basic team concepts appropriate for intermediate school basketball teams, discussing both offensive and defensive ideas to help your teams play the game more effectively. The course will provide teachers with the confidence to lead their school teams into regular game play and be able to develop basic strategies and tactics across the course of a school year.

The course will cover the following:

- Discussion of FIBA rule changes, particularly focusing around footwork and how this changes teaching basic skills and refereeing
- Effective teaching/coaching of the following team concepts: Scoring in fastbreak advantage situations; 2 v 1 and 3 v 2, etc.
- How to effectively space the floor in transition offence
- How to effectively space the floor in half court offence
- How to play effective man-to-man defence
- Various gameplay ideas and drills for 1 v 1 to 5 v 5 situations

Building Firm Foundations Physical Literacy for 4-7 year olds Lesley Minervini

This introductory course is suitable for both specialist primary PE teachers and also for secondary teachers who teach Key Stage One. It will provide a range of fun physical development activities from Reception upwards, giving children the firm foundations they need to access PE and Sport further up the school.

- The importance of movement in child development.
- Creating an environment for children to explore and consolidate movement skills
- How to develop the skills of locomotion, stability and object control in a developmentally appropriate way.

High Quality Games Teaching for KS2 Lesley Minervini

This course will enable teachers to analyse and develop the physical and decision making skills essential for enjoyable and effective engagement in games, in a developmentally appropriate way. The session will make you re-evaluate the way you teach games, ensuring all the essential building blocks are in place to help your students achieve.

- The physical and decision-making skills involved in different types of games.
- Fundamental Movement Skills.
- Pedagogical approaches to the teaching of games.
- STEP Principles to adapt games to include and challenge all students.

Course details

GCSE PE

Kirk Bizley

Morning session:
the 40% NEA component (practical physical education)

- An overview of requirements
- Workshop where delegates will consider, map and discuss their own practical PE 'activity audit' across all ages being taught (KS3 & KS4 primarily)
- Follow on discussion to consider the 'options' available and the possibilities of widening/expanding assessment opportunities – including 'off-site' options
- Consideration of the grading criteria both generically and in relation to some specific activities
- The Moderation process – discussion and strategies to ensure this process is managed effectively
- Workshop considering the requirement for videoing performances of candidates both prior to Moderation and throughout the day of the actual process
- Effectively preparing candidates for the 4th element (10% overall) of the NEA (the PEP for)
- An overview of resources available to help with the planning, delivery and assessment of the NEA component

Afternoon session:
the 60% theory component

- An overview of the content - discussion
- Breakdown and consideration of the content for exam paper 1 and exam paper 2
- Workshop looking at, and considering resources available to help to effectively teach the theory content
- Specific delegate workshop task based on a teaching resource which will be provided for use and discussion on the day using an exemplar which is currently being effectively used and utilised
- 'Demystifying Exam Papers' – an ex-Chief Examiner's/Chartered Educational Assessor's insight into how exam papers are put together and how to prepare candidates to answer all types of questions (multiple choice, short answer and extended).
- How to prepare your candidates for the two examination papers – looking at an extensive revision guide (copies provided for all delegates) and discussing how this can be used effectively. This will include an input regarding how to accurately and effectively mark questions
- Q & A and closing comments

The Director of Sport in Independent Schools

Neil Rollings

This is a long running and popular seminar, which is intended for current Directors of Sport, and those intending to apply for these roles in the near future. For teachers considering returning to the UK, it also provides an update on the landscape of issues in school sport that are frequently the subject of interview questions. The course seeks to classify the success criteria of the role, and illustrate how a leadership approach enables the Director of Sport to achieve more.

Morning session:
Leadership, Culture and Quality Control

- What is a Director of Sport?
- Becoming a leader
- Establishing the success criteria
- Leadership, management and administration
- Culture building and quality control
- Building systems and structures
- Working with the Head
- Dealing with difficult people

Afternoon session:
Building a Benefit-Driven Programme

- Establishing aims and goals
- Creating the programme of PE and Games
- Participation and Performance
- How important is winning?
- Quality and equality
- What does "Sport for All" really mean?
- Creating a culture of health and fitness
- The impact of exercise on academic progress
- Developing personal qualities through physical activity

Dealing with Parents in School Sport

Neil Rollings

Parents vary widely in what they want – and don't want – for their children from school sport. Directors of Sport identify relationships with parents as the most demanding dimension of their role. This new course is aimed at helping them to cope with the requirements and aspirations of all types of parents in independent schools. It will look at strategies for communication, and for managing expectations. It will also consider how modern science can be used to educate parents of the benefits of sport and physical activity for children of all levels of sporting ability.

- Taking the lead in parental relationships
- Communicating the success criteria
- Managing expectation and entitlement
- The tricky issue of team selection
- Performance and participation
- Talent development and early specialisation
- Touchline behaviour and encouragement
- Maintaining proactive communications
- Dealing with difficult parents
- Exams v summer term sport
- Resolving conflict
- Encouraging partnerships